

# VEAL BLANQUETTE



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**Preparation :** 10 min - **Resting :** - - **Cooking :** 1 hr 40 min - **Equipment :** -

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**Ingredients :** 4-6 personnes

- 1 large carrot, sliced (4mm) - 1 onion, sliced - 50 g butter - 150 g button mushrooms - 800 g stewing veal - 40 g cornflour - 150 ml white wine - 1 chicken stock cube - 1 vegetable stock cube - 300 ml water - 2 bay leaves - salt, 5 peppercorn blend - 2 egg yolks - 200 ml crème fraîche - 8 g bunch parsley, finely sliced\*

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1. Place the butter in the metal bowl, add the onion and the carrot; run the EXPERT programme, 2 minutes/speed 3/120 °C.

2. Rinse the mushrooms and cut off the stem\*; halve or quarter depending on the size,

3. Cut the meat in 3-4cm cubes, lightly dust with cornflour, place in the metal bowl and restart the EXPERT programme, 4 minutes/speed 1A/120 °C.

4. Add the white wine, the carrot, stock cubes, water, bay leaves and mushrooms; season to taste. Remove the cap and run the STEAM programme, 1 h 30 minutes/105 °C. The meat should be tender when cooked. If necessary, continue cooking for 10-20 minutes.

5. At the end of the programme, add the egg yolks and crème fraîche and start the EXPERT programme, 2 minutes/speed 1A/98 °C. If the sauce is too thin, thicken with a little cornflour (mixed with one tablespoon cold water).

6. Sprinkle with finely sliced\* parsley and serve with rice.

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