Mmmmh!

Luke-warm veal fillet, “tonnato” condiment, mashed potatoes with lime and wilted spinach

Ingredients

1 kg of veal fillet
2,5 dl of white wine
60 g of anchovies in oil
25 g of capers in vinegar
The vinegar in which the capers were kept
3 eggs
175 g tuna in olive oil
2 dl of olive oil
2 dl of sunflower oil
1 bunch of flat-leaf parsley
1 bunch of chives
1,5 kg of bintje or another similar potato
5 limes
500 g of baby spinach
3 lemongrass stalk
Milled black pepper
Salt

Persons: 10

Cooking time: 60

Preparation time: 30

Instructions

Pre-heat the oven to 120°.

Strip the parsley leaves from the stalks. Chop up the chives and set aside the ends to garnish the plate. Zest the limes and juice them.

Boil the potatoes with the skin on. Once boiled, peel the potatoes, mash them, add the olive oil, the lime juice, the zest, the chopped chives, then season with salt and pepper.

Slice the veal fillet into medallions and rub with salt, pepper and olive oil. Heat some olive oil in a frying pan over high heat, sautée the veal medallions until lightly browned. Then transfer to the oven for 6 minutes. Deglaze the pan with white wine and strain the gravy. Set aside.

In the meantime, prepare a mayonnaise: start by separating the whites from the yolks. Transfer the yolks to a metal bowl, add salt and pepper. Using a wire whisk, move in a circular motion while you drizzle in the oil resting the bottle on the edge of the bowl. The mayonnaise will gradually start to thicken. Start by adding the sunflower oil, followed by the olive oil.

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Once the mayonnaise is ready, use your blender to mix three anchovies, a tsp of capers and the tuna in olive oil. Add the mayonnaise, mix, then correct the seasoning with a few drops of vinegar. Season with salt and pepper if necessary. If the sauce, which should have the consistency of a cream, is too dense, then dilute it with some of the meat juices.

Chop up the lemongrass. Rinse the spinach leaves under plenty of water, then pat them dry. Heat some olive oil in a pan, add the lemongrass and sautée, then add the spinach leaves. Stir for a few seconds, then remove from the heat. Season with salt and pepper.

Serve the meat with plenty of the tonnato sauce and garnish with some of the flat-leaf parsley. Garnish with a quenelle of mashed potato and some wilted spinach.