

# Stuffed Veal Breast

130—140 Min

## Preparation

1. Using a long knife, slice the raw veal breast between the top of the meat and the bone underneath to create a "pocket" large enough to be stuffed.
2. For the filling, soak 250 grams of bread roll or white bread, without crusts, in milk, squeeze thoroughly and pass through a sieve.
3. Then, beat 80 grams of soft butter until whipped and gradually mix in 2 egg yolks, 3 whole eggs and the bread to produce a fairly soft mixture. Season with salt to taste, a little grated nutmeg and half a teaspoon of chopped green parsley.
4. Stuff the opening in the veal with this mixture, tie up to close, season well with salt and slowly bake in the oven for 2 hours, basting frequently.
5. To do this, place the veal breast in a large pan, good side down, add 3 to 4 tablespoons of water and 2 to 3 tablespoons of melted pork fat and fry over a moderate heat.
6. Once it has turned a golden yellow color, turn the meat over (good side up) and finish cooking in the oven for the indicated time, basting it frequently with its own juices, until golden brown in color and nicely glazed.

**HINT:** Cook the veal breast in the oven at around 170°C (338°F) for 1 hour 45 minutes.

7. If there is not enough water in the pan, there is a risk that the meat will become crusty and the juices will be too brown. Ensure that you add a little water to the pan during cooking.
8. For the gravy, add a nut-sized knob of butter to the pan, stir in 1½ teaspoons of flour, cook briefly, then add stock or water to create a thin gravy. Allow to reduce for a few minutes.
9. To serve, cut the stuffed veal breast into thick slices and surround with the gravy, which should be passed through a strainer.

**HINT:** Fresh lettuce and glazed carrots are the perfect accompaniment!

## Ingredients 8 Portions

= Kotányi Produkte

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|---|---|
| 1 pcs. | Veal breast |
| 3 tbsp. | Pork fat |
| | Water, as required |

For the stuffing

| | |
|---|---|
| 250 g | White bread without crust, or bread rolls |
| | Milk |
| 80 g | Butter |
| 5 | Eggs |
| 0.5 tsp. | Parsley, chopped |
| 1 pinch | Archive: Table Salt |
| 1 pinch | Nutmeg, Ground |

For the sauce

| | |
|---|---|
| 2 tbsp. | Butter |
| 1.5 tsp. | Flour |
| | Stock or water, as required |