

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Fullerton Hotel Singapore

27 April 2006 / 10.00am to 2.30pm

ROASTED TENDER LOIN OF VEAL, SPOON « HARISSA », GLAZED
VEGETABLES

Presented by:
SPOON

Serves 6
Ingredients

Veal Meat

1.5kg Rack of veal

Spicy Veal Sauce

6 Green cardamom pods
2 Star anise
1kg Breast cut of veal
1 Carrot
1 Bouquet garni
1ltr Chicken stock
½ White onion
½ Celery
Macis

Couscous Vegetables

4 Carrots with main green
branches
2 Turnip
1 Courgette (zucchini)
1 Small artichokes
1 Lemon
60g Chick peas
Salt and pepper

SPOON Harissa

1 Clove of garlic
1 Bird pepper
15ml Olive oil
10g Tomato concassé
10g Red curry paste
5g Chili sauce
65g Red onion
60g Red pepper confit
35g Pimientos del piquillos
Salt and pepper



Method

1. The Meat: Tie the veal and seal in hot pan. Place in pre heated oven at 220°C and roast for 25 minutes. Once cooked, remove the meat from the dish and set on a grill to rest.
2. Veal Ribs: Remove the bones from the meat. Keep the meat and season it with salt and pepper. Roll and string the ribs into a small roast shape.
3. Heat the roast of ribs in a large saucepan in a little olive oil. Brown the meat on all sides. Once evenly browned, put the meat in a dish and cook uncovered in the oven at low temperature for 2 hours ½ (at 150°C).
Once cooked, cut into large slices and cover evenly with the veal sauce.
4. Vegetables: Cook the vegetables until they are “al dente”. Cook the chick peas in seasoned water with garlic and thyme. When the carrots, artichokes, courgettes and turnip are cooked, glaze them with a little veal sauce.
5. SPOON Harissa: Julienne bird pepper, onion, garlic and pimientos del piquillo. Sauté with the red curry paste and cook for 3 minutes. Season with salt then let it stew for 10 to 15 minutes. Purée the red pepper confit. Then add to the preparation with the tomato concassé. Let it simmer for 5 minutes. Season with the chili sauce and salt and pepper. Set aside.

To Serve:

Pan-sear the slices of veal ribs and glaze them with veal sauce. Heat up the rack of veal in the oven at 200° C for 10 minutes. Warm up the garnish and the SPOON Harissa. Display the carrots, artichokes, courgettes, chick peas on the rectangular pieces of turnip. Place the rack of veal slice and the veal ribs piece next to the vegetables. Present the SPOON Harissa separately in a little recipient.