

# Blanquette de Veau

## Veal Ragout / Stew



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### Serves 6.

3 lb. (1.5kg) veal shoulder or breast, cut into  $\approx$  1.5 inch (4cm) cubes

**Bouquet:** white leek part cleaned, 2 thyme sprigs, 1 bay leaf, 8 parsley stems

**Onion piqué:** 1 yellow onion + 3 cloves

2 medium size carrots, peeled, rinsed and cut into bite size

4 ea. garlic cloves, crushed

1 ea. celery stalk, washed and cut in 2 or 4

1 Tbsp (10g) salt

2 beef or chicken bouillon cubes

Water or veal stock (remouillage) to cover.

### Method

Blanch meat for 3 min skimming off impurities as it goes. Drain and rinse and set aside.

In a clean pot or dutch oven, add blanched veal shoulder and all remaining ingredients. Bring to boil and cook on low heat for 45 minutes; covered. Note that if the veal is cut into larger portions  $\approx$  4 ounces/120g, the cooking time should be increased by 30 minutes. Drain and save meat, carrots and stock. Discard remaining solids. Cool stock to room temp. Save 1 qt (1L) of stock for the sauce.

### Mushrooms

0.6 lb. (250g) button mushrooms (preferably small), quickly washed and trimmed.

1 cup (250g) water

1 Tbsp (15g) butter

1/2 lemon juice

Salt and pepper.

### Method

Put everything in a small saucepan and cook for 15 minutes and drain. The mushroom stock can be save for later use.



## **Pearl Onions**

20 ea. pearl onions  
1 Tbsp (15g) butter  
1 Tbsp (10g) sugar  
2 Tbsp (30ml) water or stock.

To peel onions easily, plunge pearl onions in boiling water for a minutes and cool in ice water and peel. Pearl onions can also be deep fried a few sec. In a hot small frying pan, cook pearl onions with butter, sugar and water for about 10 minutes or until it begins to caramelize. Set aside.

## **Sauce (Velouté)**

### **Roux**

2 ounces (60g) butter  
2 ounces (60g) all-p flour  
1 qt (1L) stock, at room temp.  
Salt and black ground pepper to taste.

### **Yolk-Cream Mixture**

Mix one egg yolk with 1/3 cup heavy cream or creme fraiche (sour cream). Temper with some sauce from the stew and stir in the finished blanquette de veau.

1/2 lemon juice.

## **Method**

In a large pot or dutch oven, melt butter and make a paste with flour. Cook for a few minutes or until light brown color. Whisk in stock swiftly and bring to boil. Season with salt and pepper if needed.

Add the cooked veal, carrots, mushrooms and pearl onions. Bring the stew slowly to a boil, then let it simmer for 20 minutes. Then stir in the yolk-cream mixture and lemon juice. Turn the heat off and serve. As soon as the yolk-cream mixture is added, do not boil. Serve blanquette de veau with rice, noodles or potatoes. Bon appétit!

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