

**VEAL STEW WITH MUSHROOMS
AND CARAMELIZED BABY
ONIONS**



- Rinse the chunks of meat under fresh water. Place them in a large pot and add coarse salt. Cover with water and bring to a boil. Little by little, remove the white foam with a skimming ladle until the water is clear. When no foam is left, add the sliced carrots, the leek cut in half, the clove stuck in the peeled onion, the mixed herbs and the peppercorns. Simmer for two and a half hours.
- One hour before the meat finishes cooking, prepare the baby onions in a medium saucepan with 1.7 oz. of butter, sugar and a pinch of salt. Add water up to their mid-height, cover and cook over medium heat for about 45 minutes until the water has evaporated and the onions have lightly caramelized. Remove the saucepan from the heat and set aside.
- Slice the button mushrooms in chunks of 4 and toss them with lemon. Melt 2 tablespoons of butter over medium heat, add the mushrooms and salt, stirring occasionally for about 10 minutes. Remove the skillet from the heat and set aside.
- For the « poêlée de champignons à la forestière » or the other mushrooms you are using, prepare them according to the directions on the Picard package and when done, set them aside.
- Once cooked, remove the meat chunks with a skimming ladle and place them into a clean saucepan. Add the mushrooms and the onions, cover and set aside.
- Remove the « bouquet garni » (mixed herbs), the clove and onion, the leek (if you prefer to keep it, slice it before cooking it) and the peppercorns from the broth.
- In a bowl, whisk to combine the « crème fraîche », yolks, juice of half a lemon, salt and pepper. Set aside.

Easy enough
Prep Time: 90 min.
Cook Time: 3.5 hours
Expensive
Gluten free

Ingredients for 6 people:

3.3 lbs. of veal (rib, chest or shoulder) cut in big chunks of about 2 inches each
3 carrots
1 leek, washed
1 clove stuck in a peeled onion
1 « bouquet garni » or mixed herbs (for example 3 sprigs of parsley, 1 celery stem, 1 bay leaf and 2 sprigs of thyme tied up together in a leek leaf)
1 tsp. of peppercorns
1 tbsp. of coarse salt
14 oz. of rice

For the baby onions:

.5 lb. of baby onions (if you live in France, use the ones from Picard!)
1.7 oz of butter
1 tbsp. of granulated sugar
1 pinch of salt

For the mushrooms :

.6 lb. of washed button mushrooms
Half a lemon
2 tbsp. of butter
Salt
1 packet of « poêlée de champignons à la forestière » that you can find at Picard. You may of course also use fresh mushrooms, oyster or chanterelle mushrooms and any other kind you like.

For the sauce :

1 cup of crème fraîche (or mix 1/4 cup of heavy cream with 3/4 cup of sour cream)
2 egg yolks
Half a lemon juice
Salt
Pepper grinder
1 oz. of butter
1 oz. of flour



- Melt 2 tablespoons of butter in a saucepan. Once melted, add the flour, stir to combine and add a ladleful of broth. Stir again until the mixture gets thicker and then add another ladleful of broth and repeat. Keep stirring and continue to add as much broth as you want for the sauce (I like a lot of sauce!) but take time to stir well and to allow the mix to thicken after each addition of broth.
- When you feel you have enough sauce, pour the yolks and cream filling into the saucepan, lower the heat and keep stirring for 5 minutes so the yolks don't coagulate. Be sure not to boil but to let the sauce simmer and thicken slowly.
- Rinse the rice. Bring water to boil in a large pot and cook according to packet directions. When done, drain and place in a serving dish.
- Coat the meat with the sauce, add the mushrooms, onions and serve immediately with the rice as a side dish.



The 5 golden rules of the veal stew («blanquette») according to the cooking radio program "On va déguster":

1. The stew must be cooked in an enamel casserole to keep its "whiteness".
2. Do not brown the food.
3. Thicken the stew with the yolks.
4. Serve the stew with Creole rice.
5. Do not ever bring the sauce to boil as it will make it turn lumpy.

And a last tip from the chef: add a dash of lemon juice to the meat pot, the meat will be tender and more delicious.

Variations:

You can add a touch of grated nutmeg in the bowl with "crème fraîche" and egg yolks.

You can use other types of mushrooms. The idea is to have at least two different varieties.

You can add small leeks (white parts only), some asparagus tips, mini carrots or turnips, and even extra-fine green beans like the ones you find in the Joël Robuchon recipe.) Boil all these vegetables separately (which means a lot of dishes to clean ;-)), and make sure they are cooked but crisp at the same time. If you don't have the energy to get all these vegetables, use rice as a side dish!