

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.
- Once cooked, remove the meat chunks and the carrots with a skimming ladle and place them into a clean saucepan. Add the mushrooms and the onions, cover and set aside.
- Strain the broth through a fine sieve and set aside.
- In a bowl, whisk to combine the « crème fraîche », yolks, juice of half a lemon, salt and pepper. Set aside.
- 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.

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:

- .9 lb. of washed button mushrooms
- Half a lemon
- 2 tbsp. of butter  
Salt

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



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, the mushrooms and the onions with the sauce and serve immediately with the rice as a side dish.



Some rules to respect for the veal stew:

- it is made in an enameled cast iron casserole dish to keep its whiteness,
- the sauce should not be brought to a boil, as it will make it turn lumpy.
- and in principle, the food should not color. To be faithful to the original recipe, you should not then caramelize the onions... It's up to you, I prefer them this way ;-)

You can add a dash of lemon juice in the cooking water of the blanquette, the meat will be more tender and tastier.

If you want to make yourself the bouquet garni, put in a leek leaf, 3 branches of parsley, 1 celery stalk cut in 2, 1 bay leaf and 2/3 thyme branches. Fold the leek leaf over itself and tie it with string.

## Variations:

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

You can use other types of mushrooms or two different varieties.

Instead of rice, you can serve the veal stew with:

- small leeks (white parts only), 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.
- baby potatoes.