

Grilled fillet of veal

For 4 servings

Universal pan

Meat:

4 veal fillet steaks, approx. 160 g each
2 tbsp clarified butter
3 fresh sprigs thyme
3 fresh rosemary sprigs
Pepper, freshly ground
Salt

Topping:

70 g butter, soft
2 slices bread
1 bunch fresh, mixed herbs
Salt
1 pinch of cayenne pepper or chilli flakes
1-2 tbsp white port wine

Per serving

596 kcal, 5 g carbs, 38 g fat,
52 g protein, 0,4 BU

1. Rinse the fillets briefly in cold water and pat dry with kitchen paper. Heat the clarified butter in a pan and sear the fillets.

2. Cover the universal pan with the herbs. Season the fillets with pepper and add to the pan together with the frying fat. Cook as indicated.

3. Beat the soft butter to produce a fluffy white foam. Cut the sliced bread into very small cubes. Chop the herbs coarsely and add to the butter with the pieces of bread. Season to taste with salt, cayenne pepper and port.

4. As soon as the core temperature is reached, take the meat and meat probe out of the oven.

5. Season the meat with salt. Season the topping again to taste, spread over the 4 steaks and grill as indicated until golden brown.

Setting procedure:

With meat probe
Universal pan, level 1
Top/bottom heating
140 °C
Core temperature 60 °C
Grilling:
Universal pan, level 2
Grill, large area
Setting 3
Grilling time: 6-8 minutes

Alternative setting:

Universal pan, level 1
Top/bottom heating
140 °C
Roasting time: 15-17 minutes
Grilling:
Universal pan, level 2
Grill, large area
Setting 3
Grilling time: 6-8 minutes