

Vitello Tonnato

Description:

Serving Size: 50

Categories: Appetizer - Sabatini's



Cost Per Serving	
\$	2.18

Action	Date	Initials
Created	8/17/2012	CR
Revised	7/24/2013	EA
	12/1/2015	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
5.000	kg	Veal leg or loin	boned and tied	20-100016560
0.004	kg	Paprika powder	to taste	20-100001294
0.250	lt	Olive oil		20-100001607
0.400	kg	Onions	diced	20-100000835
0.180	kg	Leeks	diced	20-100000820
0.040	kg	Garlic cloves	smashed	20-100000869
0.450	kg	Caper	rinsed	20-100001224
2.000	kg	Tuna, oil packed	drained	20-100001423
0.040	kg	Anchovy fillets	drained, chopped	20-100001418
0.800	lt	White wine		20-100001689
		Garnish:		
0.200	kg	Caper berries	halved	20-100015757
0.200	kg	Red radish	sliced	20-100000847
1.000	kg	Watercress	leaves	20-100000857
		Sauce:		
0.400	lt	Olive oil		20-100001607
1.200	kg	Mayonnaise		20-100001437
0.550	kg	Lemon	freshly squeezed	20-100000771
		Salt	to taste	
		Pepper	to taste	

Method of Preparation:

- Season the veal with salt, pepper and paprika.
- Heat the Olive oil in a large frying pan over high heat, add veal roast and turn often until browned (around 4-6 minutes). Place the whole pan with the roast in the oven at a temperature of 125° Celsius and douse constantly until the veal roast reaches an internal temperature of 55° Celsius
- Once the meat reaches an internal temperature of 55° Celsius, add the onions, garlic and leeks and let it roast until golden brown.
- Pour off the fat. Add the drained tuna, drained anchovy fillets and capers and deglaze with white wine.
- Now cover the veal roast and let it braise until it reaches an internal temperature of 65°C. Remove the meat and let it cool down immediately. Reserve braising liquid.

Sauce:

- Drain braising liquid through colander and reserve fish and vegetables.
- Process the cooked tuna and roast leftovers in a food processor until smooth (with motor running) then add olive oil in a thin, steady stream. (a little at a time)
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- Add the fresh squeezed lemon juice and Mayonnaise, pulse to just combine and set aside. (Season if necessary)

To Finish:

- Slice the veal thinly. Roll up into cylinders.
- Place small handful of watercress on plate
- Plate 3 pieces veal cylinders on top of watercress.
- Spoon sauce around veal and watercress.
- Garnish with radish and caper berries.