

Vitello Tonnato



aroma
KITCHEN

INGREDIENTS

400g veal topside
2 cans Blue Angel Tuna
1 can anchovy fillet
2 spoons capers
2 garlic cloves
1 onion finely chopped
2 egg yolks
1 spoon Dijon mustard
1 lemon
Rucola
Extra capers for garnish
Olive oil



METHOD

- 1 Start by sealing the veal in a hot frying pan all around until nicely browned. Finish roasting in a preheated oven until med cooked. Remove from heat and allow chilling before slicing.
- 2 Using the same frying pan, cook the onions and garlic in the same pan till soft, add in anchovy fillets to taste, next add the drained tuna. Remove from heat.
- 3 Place the egg yolks in a jug together with the mustard and the juice of half a lemon.
- 4 Start whizzing the yolks and mustard together with the aid of a stick blender. Add in the onion-tuna mixture and whizz again till smooth.
- 5 Start pouring olive oil in a stream until a mayo sauce consistency is obtained. If the sauce turns out too thick, dilute with some water.
- 6 Slice the veal into fine slices and arrange neatly onto a serving tray. Dress with the tuna mayo sauce and garnish with capers, parsley and rucola and serve.