Saddle of veal cooked sous-vide

Cuisine: **German**
Food category: **Beef**

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Program steps

1 Sous-vide Garen

Combination	50 %	Termination by time	02:00 hh:mm	65 °C	50 %	

Ingredients - number of portions - 10

Name	Value	Unit
saddle of veal	2.2	pcs
thyme	3	g
cloves garlic, finely chopped	2	pcs
sea-salt	18	g
olive oil	15	ml
rosemary	4	g
ground white pepper	4	g

Nutrition and allergens

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	2.9 kJ
Carbohydrate	0.5 g
Fat	0.1 g
Protein	0.1 g
Water	0 g

Directions

Remove the sinew from the saddle of veal - feel free to leave the chain on, which also gives it a great taste. Then salt and pepper the saddle of veal and vacuum seal all the ingredients in a vacuum bag. The herbs can also be replaced with sage, tarragon or basil to suit your taste. Cook sous vide in the combi steamer as follows: combi steam mode, 50% humidity, 65°C, 2 hours, 50% fan speed. The cooking times can vary depending on the thickness of the meat. Then briefly grill the saddle of veal in the combi steamer, whole or cut into steaks. Asparagus and Bernaise sauce make the right side dishes.