

# Sautéed veal with olives, lemon pilaf rice |

## Recipe for 4 servings

### Description

A classic of French cuisine, which shows you two cooking techniques in the same dish (this is often the case for long cooking).

### Note

This recipe is particularly delicious with fresh salsify, or simply with steamed or baked potatoes.

### Ingredients

#### Veal saute

- 550 Gr Veal (shoulder)
- 1 Unit(s) Carrot
- 0.50 Unit(s) Can of crushed plum tomatoes (28 oz)
- 1 Liter(s) Chicken stock
- 1 Unit(s) Onion
- 100 Gr Button mushrooms
- 100 Gr Large green pitted olives
- 4 Sprig(s) Thyme
- 2 Leaf(ves) Bay leaf
  
- Salt and pepper
- Olive oil

#### Rice Pilaf with Lemon

- 250 Ml White rice
- 1 Unit(s) Onion
- 2 Clove(s) Garlic
- 500 Ml Chicken stock
- 1 Unit(s) Lemon
- 75 Gr Butter
- 1 Leaf(ves) Bay leaf
  
- Salt and pepper
- Olive oil

### Preparation

- Preparation time **150 mins**

#### Setting up

#### **Veal stir-fry**

Peel the onion and carrot, and wipe the mushrooms with a damp cloth if necessary.

Prepare your concentrated chicken stock (sauté and Pilaf rice) and keep warm.

Quarter the mushrooms, dice the carrot and slice the onion.

#### **Rice Pilaf**

Finely chop the onion and crush the garlic (keep the skin on).

Peel the lemon peel (keep only the zest and discard the rest). Infuse the chicken stock (500 ml) for 1/2 hour, seasoned to taste with the lemon peel.

#### Veal saute

Sprinkle the pieces of meat with flour and pat them lightly to remove any excess. Then brown them in olive oil in a frying pan, making sure all sides are evenly browned. Once golden-brown, set aside on a plate.

Add the chopped onion and carrot to the pan. Sweat them and add the veal pieces with their juices. Add salt and pepper to taste. Add the chicken stock, chopped tomato, mushrooms, thyme and bay leaf.

Cover and simmer over low heat in a casserole dish for around 30 min.

Add the olives. Leave to cook for an hour on a low heat.

### Rice Pilaf

#### **1<sup>re</sup> Possibility**

Put vegetable oil in a saucepan and sweat the chopped onion and crushed garlic, add the rice and cook for a few minutes over medium heat, taking care to stir well.

Add the stock, increase the heat to maximum, stir and wait for it to boil, cover, cook at 3/4 power for 10 minutes, turn off the heat, do not uncover and leave to rest for 20 minutes before serving, add the butter before serving.

#### **2<sup>e</sup> Possibility**

Once the rice is wet with the stock, cover it with baking paper to the diameter of the pan, make a hole in the center of your paper disk (chimney). Place the pan in the oven for twenty minutes (180°C). Before serving, remove the seeds from the rice, add the butter, mix well and serve immediately.

**Bon appétit!**