

Veal loin 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
garlic cloves, 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 veal loin - the chain can stay attached, as it adds a wonderful flavor. Then season the veal loin with salt and pepper and vacuum seal all the ingredients in a vacuum bag. The herbs can also be replaced according to taste, for example with sage, tarragon, or basil. Cook as follows in the combi steamer sous-vide: combi steam mode, 50% humidity, 65°C, 2 hours, 50% fan speed. Cooking times may vary here depending on the thickness of the meat. Finally, briefly grill the veal loin in the combi steamer whole or cut into steaks. Asparagus and sauce béarnaise make the perfect side dishes.