

Recipes From Café Constant

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Tuesday through Saturday 12 to 2:30 pm.
Tuesday through Saturday 7 to 10:30 pm
Closed Sunday and Monday

Fricassée de veau au basilic

Fricassee of veal with basil

Ingredients for 4 servings:

1 shoulder of veal, 1.5 kg (3 ¼ lb), boned (by your butcher)
1 bunch basil
200 g (7 oz) tagliatelles pasta
2 onions
Juice of ½ lemon
5 cl (1 ¾ oz) *crème fraîche* or heavy cream
25 g (1 oz) flour
1 l (1 qt) veal stock *
2 tablespoons olive oil
1 bouquet garni
Salt and freshly ground pepper

Preparation: 40 minutes

Cooking time: 2 hours

Cut the veal shoulder in pieces of about 40 g (1 ¼ oz). Place in a large stockpot, cover with water, bring to a boil and blanch for 5 minutes. Rinse the veal pieces under cold water and drain.

Peel and chop the onions. Heat the olive oil in a cast iron cocotte or sauté pan, add the onions and sweat without browning. Sprinkle the meat lightly with flour, add to the pan and sauté briefly. Add the stock, bouquet garni and season lightly with salt and pepper. Cover and let simmer for about 2 hours.

At the end of the cooking, remove the meat from the pan. Reduce the bouillon for 10 minutes. Rinse and finely chop the basil and add to the bouillon. Stir in the cream and cook for 5 minutes. Correct the seasoning if necessary. Stir in the lemon juice.

Plunge the tagliatelles in a large stockpot of boiling salted water and cook until "al dente." Drain and keep warm.

Reheat the veal in the pan and serve napped with the sauce and accompanied by the tagliatelles.

* Powdered veal stock may be substituted.