

RECIPE

CRAFT/INDUSTRY

GENTELE VEAL - Sous Vide Veal Shanks



material combination:

veal shank

RAPS products per kg mass:

15-20 g GENTLE VEAL – Sous vide Kalbfleisch Art.Nr.: 30906
Ev. 10-20 g vegetable oil

Production:

1. Rub pieces of meat with spice mixture calculated on the mass (can also be done in a tumbler).
2. Vacuum packaging (Bags must be suitable for cooking).
3. Let it infuse at least overnight.
4. Cook at 76 °C for 16-20 h.
5. Cool as quick as possible (preferably in ice water).

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Preparation:

1. Remove the meat from the packaging.
2. Fry pieces of meat at 140-160 °C - depending on the size of the pieces - for approx. 60-90 min.
3. Finally, encrust for 4-6 min. at 200-220 °C.

Tip:

Some **butter** can be added during vacuum packaging. This improves the taste and gives you a little more sauce.