




# Veal with tuna sauce






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

## Preparation

	Time required	approx. 180 minutes
	Difficulty	Average - For amateurs
	Portion size	10 people

## Features

	Dish	Meat - Veal
	Typical product	Local meat - 0 Km
	Suitable in	Summer - Dinner with friends

## INGREDIENTS

### Meat

- 1.6 kg boneless veal shoulder
- 5 cl peanut oil
- Salt and pepper

### Tuna sauce

- 400 g canned tuna, drained
- 20 g canned anchovy fillets, drained
- 10 g fine canned capers, drained
- 20 g mustard
- 1 cl lemon juice
- 2 dl cold Hügli meat broth
- Salt and pepper
- 400 g mayo
- 10 g flat leaf parsley

### Garnish

- 10 g curly parsley
- 5 g semi-strong paprika
- 10 g fine canned capers, drained
- 20 g canned anchovy fillets, drained

## PREPARATION

### Veal with tuna

1. Season the meat well;
2. Heat the oil in a rotisserie;
3. Brown the meat on all sides;
4. Finish cooking the roast in the oven for about 2 hours at low temperatures (80 °C) like a roastbeef;
5. Blend all the ingredients for the tuna sauce and adjust the density with the cold broth;
6. Get the taste right;
7. Let the roast cool;
8. Slice the roast and arrange the slices of meat on a plate.

### Plating up

1. Cover the meat with the tuna sauce;
2. Garnish with anchovies, sprinkle with paprika and curly parsley.

## Tips

1. For organisational purposes it is advisable to cook the veal the day before;
2. The amount of broth may vary depending on the desired consistency;
3. A good rule of thumb is to measure the core temperature of the roast and reach 58 °C rather than rely on the cooking time.