

VEAL WITH SWEET POTATO



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20
min



Medium

INGREDIENTS

- 400g veal loin
- 2 spring onions
- 400g sweet potato
- 1 shallot
- Zest of a lemon
- Green tea
- 2 tbsp olive oil
- 1 glass red wine
- 50g red wine
- 50g butter
- 1 garlic clove
- Flor de sal and Espiga 5 pepper mix to taste

METHOD

Roast the sweet potatoes in a medium oven (140°C), for 25 to 40 minutes depending on the size of the potatoes

- Cut the veal into two pieces and season with salt and five pepper mix
- Cut the spring onions in half and place in a pan with a dash of olive oil, the lemon zest, the tea and half a glass of water
- Season with salt and cook slowly for about 20 minutes over a low heat
- Peel the potatoes, cube and keep for later
- Chop the shallot and sauté with a knob of butter and a dash of olive oil
- Add the sweet potatoes and mix well, keeping warm
- Sauté the meat slowly in butter with the crushed garlic clove, turning to ensure that it is evenly cooked and has the same colour all over
- Plate up the sweet potatoes, add the onion halves and top with the meat, sliced into three
- Add the wine to the meat pan and boil over a high heat to reduce
- Check the seasoning and add the butter to make smooth and creamy
- Pour over the dish and serve