KIKKOMAN

Sliced veal with sweet potato waffles

Total time **60 mins** **30 mins** preparation time **30 mins** cooking time

INGREDIENTS

10 portion(s)

For the meat and sauce:

1.5 kg	veal loin
	Oil for frying
50 g	butter
100 g	wheat flour
100 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 litre	veal stock
5 g	cornflour
100 g	double cream, whipped

For the waffles:

300 g	butter, soft
300 g	eggs
200 g	wheat flour
10 g	baking powder
100 ml	soda water
100 g	Gouda, grated
100 g	sweet potatoes, freshly grated
100 g	broccoli, freshly grated
5 g	salt

Also:

200 g	cranberry jam

PREPARATION

Step 1

Sliced veal: cut the meat into bite-sized pieces. Sear in a pan with a little oil over a high heat for 2–3 minutes, then remove and set aside. Reduce the heat and melt the butter in the pan. Stir in the flour and sauté for 1–2 minutes. Deglaze with the Kikkoman Less Salt Soy Sauce and stir until smooth. Add the stock and simmer over low heat for approx. 15 minutes, stirring occasionally. Reheat the sauce in portions and simmer the meat in it for 4–5 minutes. Just before serving. Fold in 1 tbsp of whipped cream before serving.

Step 2

Beat the butter until fluffy. Add the eggs one at a time, beating well after each addition. Mix the flour and baking powder, add to the egg mixture and stir in the soda water until smooth. Fold in the Gouda, sweet potatoes and broccoli. Season with salt. Preheat and grease a heart-shaped waffle iron and cook the waffles for 4–5 minutes until golden brown.

Step 3

To serve, place three waffle hearts on each plate. Top with the meat and sauce and finish with a spoonful of cranberry jam.