KIKKOMAN

Veal fondue

Nutritional facts (per portion):
1,799 kJ / 429 kcal

Fat: **23 g** Protein: **35 g**
Carbohydrates: **16 g**

INGREDIENTS

6 portion(s)

Veal fondue:

1 litre	veal stock
600 g	veal fillet
250 g	mushrooms (regular mushrooms or shiitake)
3	carrots
200 g	brussels sprouts
100 ml	Kikkoman Sesame Sauce

Sauce Gribiche:

4	eggs
1 tbsp	Dijon mustard
2 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
60 ml	olive oil
4	gherkins / pickled cucumbers
2 tbsp	salted capers
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 bunch	of parsley
0.5 bunch	of chives

Veal stock (home-made):

3	spring onions
1	garlic clove
2 kg	veal for making soup
1 kg	veal bones
2	carrots
6 litre	water
1	bay leaf
0.25 bunch	of parsley
5	sprigs of thyme
5	allspice berries

PREPARATION

Step 1

Veal stock (home-made)

Wash the meat and bones thoroughly. Place in a large stock pot and fill with cold water. Bring to the boil. When the water starts to boil, skim off the froth. Add the remaining ingredients then cook on a medium heat for at least 3 hours. Strain and add salt to taste.

Instead of home-made stock, ready-made stock or stock cubes can be used.

Step 2

Sauce Gribiche

Boil the eggs. Plunge them briefly into cold water then peel them. Mix together 2 of the egg yolks, the mustard, vinegar, ponzu sauce and olive oil to form a creamy paste. Finely chop the herbs, eggs, gherkins, capers and the rest of the ingredients and mix with the paste. Season with pepper.

Step 3

Veal fondue

Cut the veal fillet into cubes measuring 2 cm. Cook the brussels sprouts in boiling water for several minutes, then plunge them briefly into cold water. Cut the carrots into slices 5 mm thick. Cook for several minutes until al dente. Wash the mushrooms and either halve or quarter them

10	white peppercorns	depending on their size. Heat up the veal stock in a fondue pot on the stove. Place the fondue pot on the fondue stand. Put the meat or vegetables onto skewers and cook in the stock. Serve with the sauces.
60 ml	Kikkoman Naturally Brewed Soy Sauce	