

Exotic blanquette

Ingredients

For 4 people

800 g of veal tendon or veal shoulder, or mixture of both, cut into pieces

a little oil

3 carrots

2 onions

2 cloves of garlic (optional)

1 vanilla pod

40 g of flour

1 egg yolk

30 cl of coconut milk

1 lemon juice

parsley

1 bouquet garni, or a vegetable stock cube

Preparation

Split the vanilla pod in half, scrape out and reserve the seeds.

In a pot or Dutch oven, heat the oil over a fairly high heat, and brown the filet mignons cut into pieces, with the vanilla pod.

Turn the pieces of meat several times to cook them on all sides (5-6 minutes).

Meanwhile, peel and cut the carrots and onions into slices. Add them to the meat.

Salt and pepper the meat, sprinkle with flour.

Stir well to distribute over the meat.

Add 1/2 L of water in which the stock cube has been diluted (with hot tap water it's easier), as well as the carrots.

Cover and cook over low heat for 50 minutes.

Beat the egg yolk with the coconut milk, vanilla seeds and lemon juice.

Pour the mixture over the meat, and mix without boiling.

Serve sprinkled with parsley.

Accompaniment

Served with rice.

The same recipe can be made for any piece of pork cut into cubes, chicken cut into pieces, or fish.