



Veal with Tuna sauce

Veal with tuna sauce is a traditional Italian recipe called vitello tonnato and it is a classic light summer dish. It is prepared in advance and chilled in refrigerator.

Ingredients

Number of persons: 8 - 10

- 800g-1 kg veal round
- 1 onion, cleaned
- 2-3 cloves
- 3 bay leaves
- 1 celery stalk with leaves
- 1 tablespoon [Vegeta Beef Stock Powder](#)

Sauce:

- 200 g canned tuna (in olive oil)
- 2-3 anchovy fillets
- 200 g mayonnaise
- 1 teaspoon capers
- lemon juicec from 1 lemon
- 100 ml water, in which veal was cooked

Decoration:

- boiled eggs
- pickled gherkins
- black and green olives
- capers



Preparation time: 1 h

Energetic value: 378 kcal / 1580 kJ

Demanding:

Preparation

1. Place the meat in warm water and cook.
2. Spike the onion with cloves and together with bay leaf, celery and Vegeta Beef Stock Powder, add to the meat and cook for about 45 minutes.
3. Remove from heat and leave the meat in the water until it cools down.
4. Once cooled remove the meat from the water and place in refrigerator overnight. Keep about a cup of water for later use.
5. Sauce: Drain the tuna and mix using electric mixer together with anchovies and capers.
6. Add lemon juice and mayonnaise, small amount of water (about 100ml) in which the veal was cooked, stir and let cool down in refrigerator.

Serving

Cut the cooled meat into thin slices, arrange on a platter and cover with tuna sauce. This meal can be garnished with olives, capers, parsley, boiled eggs and similar.





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Tip

In preparation of this recipe, turkey meat can also be used as an alternative. It is ideal as a cold meal but it can also be served as an entrée or main meal.

Little secret

Onion spiked with cloves will release a special aroma and when the meal is ready it makes easier removal of the cloves from the soup.

My notes

