

# VITELLO TONNATO

Vitello tonnato is a classic Italian meat platter, made by layering poached veal with a tuna sauce. It's so easy to poach the meat in the Thermomix and then use the flavoursome poaching liquid as a base for the sauce. If you've never encountered this dish before, you may think it's rather an odd combination. Trust me - and generations of Italians, of course! - it really works.

**Serves:** 8-10 as an entree

**Time:** 1 hour 30 minutes



## INGREDIENTS

### Beef

600 grams (21 oz) girello in the piece (see Tips)  
60 grams (2 oz) onion  
60 grams (2 oz) carrot  
½ celery stick  
2 garlic cloves  
1 bay leaf  
1 sprig parsley  
3 anchovies  
2 cloves  
water, to cover

### Tuna sauce

3 eggs  
600 grams (21 oz) veal poaching liquid, strained  
370 grams (13 oz) tuna, drained (see Tips)  
1 tablespoon capers, soaked for 10 minutes in water, then drained  
1 anchovy  
juice and zest of 1 lemon  
50 grams olive oil (3 ½ US tablespoons)  
1 tsp freshly ground pepper

### To serve

Lemon zest  
Rocket  
Capers  
Grated parmigiano reggiano (parmesan cheese)



## METHOD

1. Place all Beef ingredients in mixing bowl and poach **16 min/100 °C (212 °F)/Rev/speed soft**. Ensure that fillet is not wedged in tightly and is free to jostle and move.
2. Remove all ingredients to a large bowl and allow to cool.
3. Place eggs in steamer basket and return 600 grams poaching liquid to mixing bowl. Steam eggs for **15 mins/Varoma/speed 2**. Remove eggs and steamer basket and plunge eggs into cold water. Pour out poaching liquid and retain. When eggs are cool, peel and set aside.
4. Place tuna, capers, anchovy, lemon juice, olive oil, pepper and eggs in mixing bowl. Mix for **10 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
5. Turn to **speed 3** and slowly add reserved poaching liquid to mixing bowl until tuna sauce is thick but pourable. Adjust with lemon juice, salt and pepper.
6. Place a layer of tuna sauce on a platter. Thinly slice meat and arrange on platter over the sauce. Cover with more sauce, saving one-third for last minute dressing. At this point, the platter can be set aside for up to two days. It's good to leave it for at least three hours for flavours to absorb and mingle.

When ready to serve, spoon over extra sauce, and scatter with lemon zest, rocket, capers and parmigiano.

### Tips

- Which meat? Beef cuts are not named consistently. Some butchers will call this an 'eye round', or simply 'round' or veal 'nut'. You can also use silverside, topside or even eye fillet



...continued



- the tinned tuna can be preserved in oil or water, but I prefer the extra unctuousness of oil
- the meat should be quite cool before it is cut; you could poach the meat the day before you put the dish together