

Sweetbreads, confit tomatoes, asparagus, beer sauce

Recipe for 12 tapas

Description

Butter fried sweetbreads accompanied by a rich trois pistoles beer sauce, confit cherry tomatoes and asparagus.

Note

Be delicate when removing the membrane from the sweetbreads to try and keep the pieces as big as possible.

Ingredients

Beer sauce and sweetbreads

- 600 Gr Sweetbreads
- 2 Unit(s) French shallot
- 150 Ml Trois pistoles beer
- 75 Gr Butter
- 40 Gr Flour
- 500 Ml Veal stock
- 2 Sprig(s) Thyme
- 1 Sprig(s) Rosemary
- 2 Clove(s) Garlic

- Salt and pepper
- Vegetable oil

Cherry tomatoes and asparagus

- 250 Gr Cherry tomatoes
- 75 Ml Olive oil
- 12 Unit(s) Green asparagus
- 4 Sprig(s) Basil
- 1 Sprig(s) Rosemary
- 2 Clove(s) Garlic
- 50 Gr Butter

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **350 F°**

Getting the sweetbreads ready

Let the sweetbreads soak in a mix of cold water and 50ml of white vinegar for about 4 hours. Rinse and remove the big veins.

In a large stockpot with salted cold water, add the sweetbreads. Bring to a boil on high heat and as soon as it boils, remove the sweetbreads and put them straight into an ice bath.

Once cooled, remove the membrane.

Preparation

Finely dice the shallots.

Finely chop the garlic.

Clean and chop the thyme and rosemary.

Remove the basil from its stalks.

Cooking the sweetbreads

Lightly flour the sweetbreads and sear them on both sides in a hot frying pan with a bit of olive oil and butter. Set aside.

Add the shallots to the pan you used to cook the sweetbreads and sweat for 2-3 minutes. Add the salt, pepper, garlic thyme and rosemary and cook for an additional 2 minutes while stirring constantly.

Sprinkle with the rest of the flour, stir, then deglaze with with the beer. Whisk energetically to make sure the sauce doesnt have chunks of flour. Let simmer for roughly 10 minutes, then add the sweetbreads and cook on low heat for about 20 minutes.

Tomatoes and asparagus

In a saucepot, gently heat the olive oil and butter on low heat, add the basil and garlic. Poach the cherry tomatoes in the oil for about 10 minutes, or until tender. In another saucepot, bring salted water to a boil. Blanch the asparagus in in the boiling water for 2 minutes then remove and cool them in an ice bath immediately. Place the asparagus on a baking sheet with a small amount of olive oil and finish cooking them in the oven.

Plating

Place a nest of asparagus in the center of the plate then place the sweetbreads on top of the asparagus. Garnish with the sweetbread cooking sauce as well as a few cherry tomatoes.

Bon appétit!