

ROLLED VEAL ROAST WITH APPLES - PENTECOST



Ingredients (For 4 people)

- 1 kg middle-cut breast of veal
- 2 tbsp whole-grain mustard
- 1 tbsp dried thyme
- 2 tbsp honey
- 2 Belle de Boskoop apples
- 250 g kale
- 1 shallot
- 60 g breadcrumbs
- Salt and pepper

Preparation:

Place the breast of veal flat on a board.

Mix the mustard, thyme and honey together and spread it along both sides of the meat. Season with salt and pepper and chill to reserve for 1 hour.

Sauté the chopped kale with the shallot, then add the diced apples and bread crumbs. Adjust the seasoning if necessary.

Distribute the filling on the meat, roll the roast, and bind it with string.

Brown the roast on all sides in a non-stick pan, then place the roast on a baking tray and bake for 3 1/2 hours at 120°C.

