

Exotic blanquette

Ingredients

For 4 people
800 g of veal tendron or veal shoulder, or mixture of both, cut into pieces
a little oil
3 carrots
2 onions
2 garlic cloves (optional)
1 vanilla pod
40 g of flour
1 egg yolk
30 cl coconut milk
1 lemon juice
parsley
1 bouquet garni, or a cube vegetable broth

Preparation

Split the vanilla pod in half, scrape and reserve the seeds.
In a pot or a maker heat the oil over fairly high heat, and brown the cute fillets 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 rings. Add them to the meat.
Salt, pepper the meat, sprinkle with flour.
Stir well to spread over the meat.
Add 1/2 l of water to which we diluted the cube broth (with hot tap water is easier), as well as carrots.
Cover and cook over low heat for 50 minutes.
Beat the egg yolk with coconut milk, vanilla seeds and lemon juice.
Pour the mixture over the meat, and mix without boiling.
Serve dotted with parsley.

Accompagnement

Uses accompanied by rice.
The same recipe can be made for any piece of pork cut into cubes, chicken cut into pieces, fish.