



Salt Veal

Ingredients:

Brisket or
Silver Side or
Tongue

Brine:

5lts water
1kg course sea salt
500g Demerara sugar
Juniper berries 2tsps
Whole black pepper 1tsps
Cloves x5
Bunch fresh rosemary

Method:

Add all the ingredients for the brine into a large pan/ stock pot simmer until all the salt/ sugar have dissolved then bring to a rolling boil for 2 mins.

Allow to completely cool.

Add your joint of meat (at least 3/4kgs as a smaller piece will pickle)

Leave in the brine for about 5 days.

The day before you want to eat the veal wash and add to fresh clean cold water, change the water a couple of times before cooking.

Poach the Veal in fresh water slowly with stock vegetables (carrots, leaks, onion, celery) and fresh rosemary and parsley. Poach for 2 to 3 hours on the lowest heat on your hob, remove and drain. Slice thickly and enjoy.



Why not try something different?