

Roast Medallions of Veal with a Herb Crust



Serves 4 Prep 15 mins + freezing & resting Cook: 18 mins Easy

Ingredients

4 tbsp olive oil
4 veal medallions well trimmed, 250g each with the bone.

For the herb crust

large handful of each: basil, chives, parsley, rosemary, tarragon and thyme
1 tsp black and white peppercorns
75g butter, softened
25g beef bone marrow or butter
100g dry white breadcrumbs
50g Gruyere, grated
25g cheddar, grated

1. To make the herb crust, wash and dry the herbs, then roughly chop. Crush the peppercorns, then put all the ingredients in a blender and blend until smooth. Form the mixture into a large sausage shape, wrap in cling film and tie both ends. This can be frozen until ready for use.
2. Heat the oven to 200C/ Fan 180C/ Gas 6. Heat the olive oil in a roasting tin, season the veal on both sides, then put in the oven for 12 mins, turning after 6 mins for pink meat. Cover with foil and leave to rest in a warm place for 10-15mins before serving.
3. Heat the grill. Cut 5mm-thick slices from about two thirds of the herb crust (freeze the rest for another time) and roll out between two sheets of cling film to the size of the chops - you may have to cut and reshape the crust as the chops are rarely perfect rounds. Put the shaped crusts on the chops, then place them under a hot grill until the crust bubbles and starts to turn crisp and brown. Serve immediately with green beans and new potatoes.