
SHOULDER OF VEAL BRAISED WITH ORANGE AND STAR-ANISE

For 4 persons

Preparation time: 1 hour

Cooking time: 2 hours 30 minutes



Ingredients :

- 1 kg shoulder or tendron (breast) of veal
 - 400g carrots
 - 150g onions
 - 2 cloves garlic
 - 3 oranges
 - 1 lemon
 - 2 star-anise
 - 1.5 l veal stock
 - 2 tablespoons honey
 - 1 tablespoon tomato concentrate
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- Dress the veal and season with salt and pepper. Brown it in a stewing pan with oil and butter, remove, deglaze and add the aromatic garnish of carrots and onions. Cook until soft and add the meat. Add veal stock to cover. Remove the zest from one orange and squeeze the juice.
 - Peel and segment the other two oranges, removing all skin, pith and membrane. Set the segments aside.
 - Add the orange juice, the star-anise and the two tablespoons of honey and the tomato concentrate to the pan. Place in the oven, covered, for 2 hours at 150°C
 - Check the meat and baste if necessary. Blanch the orange zests and cook them in the juice from the segments and some lemon juice and sugar.
 - When the meat is cooked, place it on a rack and glaze it at the entrance to the oven with the reduced cooking liquid mixed with the cooked zests and the orange segments until it is nicely coloured.
 - Can be served with potato gnocchis.