

NAVARIN OF VEAL WITH SPRING VEGETABLES

Ingredients (for 4 people)

- 1 kg boneless shoulder of veal
- 1 onion chopped fine
- 1 garlic clove crushed
- 10 cl white wine
- 25 gr flour
- 200 gr freshly shelled green peas
- 200 gr mange-tout or snow peas
- 3 tbsp olive oil
- 1 bouquet garni
- 1 bunch small new turnips
- 1 bunch new carrots with tops
- 2 spring onions chopped
- Salt
- Ground black pepper

Preparation:

Cut the meat into 3 cm x 3cm cubes, season with salt and pepper.

Heat the olive oil in a large pan, brown the meat on all sides. Add the crushed garlic and finely chopped onion.

Wash the vegetables, peel the carrots and the turnips, and cut into chunks.

Sprinkle the meat with the flour and let it brown slightly, mix well, deglaze the pan with the white wine, then add enough water to cover the meat. Add the herbs and cover. Simmer for 40 minutes on low heat and stir regularly.

Add the carrots and turnips, then cook for 25 minutes more. In a separate pan, bring water with a little salt to the boil, throw in the fresh garden peas and mange-tout peas for about 5 minutes.

When the stew is cooked, drain the green vegetables and add them to the pan.

Mix rapidly, cover again and cook for 10 minutes on low heat.

Just before serving, check the seasoning and add the chopped spring onions.

