



VEAL HERB FILLET WITH AUBERGINE LEAVES AND YOGHURT SAUCE FROM RUDOLF AND KARL OBAUER

QimiQ BENEFITS

- 100% natural, contains no preservatives, additives or emulsifiers
- Acid, heat and alcohol stable
- Binds with fluid - no separation of ingredients



25



easy

INGREDIENTS FOR 6 PORTIONS

- 900 g** Veal tenderloin
- 4 tbsp** Garden herbs, fresh, finely sliced
- Olive oil, to drizzle
- Garden herbs, fresh, to garnish

FOR THE AUBERGINE LEAVES

- 2** Eggplant, medium sized
- Salt and pepper
- 2** Beef tomatoes
- 1** Onion(s)
- 2** Garlic clove(s)
- 60 g** Black olives
- 200 g** Natural yoghurt
- 2 tbsp** Olive oil
- 2 tsp** Honey
- Balsamic vinegar, white
- Marjoram, dried
- Sea salt, coarse

FOR THE SAUCE

- 2 tbsp** Walnut oil
- 1** Garlic clove(s), squeezed
- 120 g** Cream 36 % fat
- 10 g** Lemon peel
- 1 tsp** Ginger root, finely chopped
- 250 g** Natural yoghurt
- 50 g** QimiQ Classic
- 60 ml** White wine
- 1 shot** White wine vinegar
- Curry powder
- Curcuma, dried
- Salt and pepper

METHOD

1. For the sauce, heat the cream and garlic in the hot oil. Add the remaining ingredients, stir until smooth and remove from the heat.
2. For the aubergine leaves, rub the aubergines with salt and remove the stalk ends. Halve lengthwise and slice horizontally into 24 thin slices (as large as possible). Fry the slices on both sides in a teflon frying pan without fat until lightly browned.
3. Dice the remaining aubergine and the tomatoes. Finely chop the onion, garlic and stoned olives. Place everything in a saucepan with the yoghurt, 1 tbsp olive oil, honey, vinegar and marjoram and cook until the vegetables are soft. Season with salt and pepper.
4. Preheat the oven to 200° C. Sandwich two aubergine slices together with a layer of yoghurt mixture until the aubergine is used up. Place the slices onto a baking tray, drizzle with the remaining olive oil and bake in the hot oven for approx. 8 minutes.

5. Roll the veal in herbs and place on a sheet of cling film. Drizzle with olive oil and wrap in the cling film. Cook over steam for approx. 10 minutes or until done (the meat core should reach approx. 70° C).
6. Remove the cling film and cut the meat into 12 medallions. Arrange the sauce on plates, place the veal onto the sauce and top with the aubergine leaves. Serve sprinkled with herbs.