



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

## QimiQ BENEFITS

- All 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 yogurt
- 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** Heavy cream 36 % fat
- 10 g** Lemon peel
- 1 tsp** Ginger root, finely chopped
- 250 g** Natural yogurt
- 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 yogurt, 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 390° F. Sandwich two aubergine slices together with a layer of yogurt 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 plastic film. Drizzle with olive oil and wrap in the plastic film. Cook over steam for approx. 10 minutes or until done (the meat core should reach approx. 160° F).
6. Remove the plastic 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.