



**DUKE'S
CUISINE**



RECIPE INSPIRATION

VEAL TENDERLOIN

WITH LEMON SAUCE, SPINACH,

AND POTATO GRATIN





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INGREDIENTS

[10 PEOPLE]

[VEAL TENDERLOIN WITH LEMON SAUCE]

- 2 kg veal tenderloin (about 200 g per person)
- 3 tablespoons olive oil
- Salt and pepper
- 3 tablespoons butter
- 1 shallot, finely chopped
- 150 ml white wine
- 300 ml chicken broth
- 2 lemons (zest and juice)
- 150 ml cream
- 1 teaspoon *Dijon mustard (optional)*

[POTATO GRATIN]

- 2 kg waxy potatoes
- 500 ml cream
- 250 ml milk
- 3 garlic cloves, finely chopped
- 150 g grated Gruyère or Parmesan
- 3 tablespoons butter
- Salt and pepper
- 1/2 teaspoon freshly grated nutmeg
- *Sprigs of rosemary (optional)*

[SPINACH]

- 1.5 kg fresh spinach (or 1 kg frozen)
- 2 tablespoons butter
- 2 garlic cloves, finely chopped
- Salt and pepper
- *Nutmeg (optional)*



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PREPARATION METHODS [1/2]

[VEAL TENDERLOIN WITH LEMON SAUCE]

- 1. Prepare:** Cut the veal into even medallions (about 2-3 cm thick). Season with salt and pepper.
- 2. Sear:** Heat 2 tablespoons of olive oil in a large pan. Sear the veal on all sides until golden brown. Set aside.
- 3. Lemon Sauce:** Heat the remaining 1 tablespoon olive oil and butter in the same pan. Sauté the shallot until translucent.
- 4. Deglaze:** Add white wine and let it reduce for 2-3 minutes.
- 5. Simmer:** Add chicken broth and lemon juice, letting the sauce simmer for 5-7 minutes.
- 6. Finish:** Stir in the cream and mustard (optional), then reduce until creamy.
- 7. Serve:** Warm the veal in the sauce for 5-7 minutes and garnish with lemon zest.

[POTATO GRATIN]

- 1. Prepare:** Peel the potatoes and slice them thinly (about 2 mm). Rinse under cold water.
- 2. Cream mixture:** Heat the cream, milk, garlic, salt, pepper, and nutmeg in a pan (do not boil).
- 3. Layer:** Grease a baking dish with butter. Layer the potatoes, seasoning each layer.
- 4. Assemble:** Pour half of the cream mixture over the potatoes and sprinkle some cheese. Repeat.
- 5. Bake:** Pour the remaining cream mixture on top, sprinkle with cheese, and optionally add rosemary. Bake at 180°C for 45-60 minutes until golden brown.
- 6. Rest:** Let it rest a few minutes before serving.



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PREPARATION METHODS [2/2]

[SPINACH]

- 1. Prepare:** Wash the spinach and remove thick stems. If using frozen spinach, drain well.
- 2. Sauté:** Melt butter in a pan, sauté garlic briefly, then add spinach and let it wilt.
- 3. Season:** Add salt, pepper, and optionally nutmeg to taste.

[SERVING SUGGESTION]

- Arrange the veal on a plate and drizzle with lemon sauce.
- Serve a generous portion of potato gratin.
- Place the spinach next to it and add extra butter if desired.