

Veal Steaks with Mushrooms 小牛肉配蘑菇



Ingredients:

veal steaks, rasher (slices) of bacon, fresh mushrooms, Beaufor Balsamic Vinegar, maple syrup, fresh broccoli, salt, black pepper.

Preparation:

1. Wrap the bacon around the outside of the veal steaks and secure with a wooden toothpick.
2. Grill (barbecue) 4-5 minutes on each side and set aside to rest for 10-15 minutes.
3. Wash, trim and slice the mushrooms. Spray a heavy skillet with olive oil. Add the Beaufor balsamic vinegar, maple syrup and mushrooms and simmer about 5-10 minutes.
4. Wash the broccoli and drain. Divide into small florets.
5. To serve, place a small heaping of broccoli in the middle of the plate, place the meat on top and serve the mushrooms around the outer edge of the plate, add black pepper or salt.

配料: 小牛肉, 烟熏培根片, 新鲜蘑菇, 蒲福牌香草醋, 糖浆, 新鲜椰菜, 盐, 黑胡椒粉。

制作方法:

1. 在小牛肉外裹一片培根肉, 为了牢固您可以插根牙签在中间部分。
2. 在烤肉铁架的高温区烘烤牛肉约 4-5 分钟, 然后放置在低温区待 10-15 分钟。
3. 洗净蘑菇并切成片, 在锅中淋上橄榄油, 加入蒲福牌香草醋, 糖浆和蘑菇片轻轻翻炒约 5-10 分钟。
4. 洗净椰菜并擦干, 待备用。
5. 最后装盘, 先将椰菜堆起放置在盘中间, 再将烤好的小牛肉放置在最上面, 蘑菇片放置在盘子边缘作为点缀, 最后撒上盐和黑胡椒粉即可食用。

