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Tag Beef
Quickie
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Pan fried veal with shaved fennel salad and vincotto dressing

Olive oil
20g butter
1 veal escalope
2 oranges
¼ red onion, finely diced
1 garlic clove, crushed
¼ cup vincotto (see note)
1 tbs caster sugar
½ tsp wholegrain mustard
Pinch saffron

Fennel salad

1 baby fennel, shaved
2 tbs chopped flat leaf parsley
1 tbs capers
1/2 lemon, juiced

- 1 For the fennel salad, combine the fennel, parsley, capers and lemon juice in a bowl.
- 2 Heat oil and butter in a frying pan over a medium heat, cook the veal for 1-2 minutes on each side or until cooked to your liking.
- 3 Juice 1 orange and peel and segment the other. Combine the orange juice, red onion, garlic, vincotto, caster sugar, mustard and saffron in a small saucepan and place over a medium heat, simmer for 3-4 minutes until reduced slightly. Remove from heat and whisk in a drizzle of olive oil. Pour warm dressing over the orange segments.
- 4 Spoon the sauce on the bottom of a plate, top with the veal and serve with the fennel salad.

Note The word vincotto translates to 'cooked wine'. It's a little sweeter and thicker than traditional vinegar. Available from specialty food outlets.