



LAFER! LICHTER! LECKER! – Menu for the 12th of July 2014

2. Main course: *Asian marinated veal tenderloin with plum wine sauce, Japanese “Udon”- noodles and Asian salad from Johann Lafer*

Ingredients for four people:

For the veal tenderloin:

200 g	veal tenderloin without fat and cords
4	shallots
6	cloves of garlic
50 g	ginger
2	red chilies
50 ml	Hoisin Sauce
	Corn starch for dusting
50 ml	sesame oil
100 ml	chicken stock
100 ml	plum wine
100 ml	coconut milk
	Salt, chili from burr grinder

For the noodles:

250 g	pre-cooked Udon-noodles
1	yellow pepper
1	red pepper
2	Baby-Pak Choi
50 g	snow-peas
50 g	Shiitake mushrooms
50 ml	unroasted vegetable-oil
50 ml	Soy Sauce
	Corn starch for dusting

For the salad:

2	cucumbers
1 bundle	radish
50 ml	olive oil
2 T	soy sauce
2 T	sweet Chili Sauce
2 T	unroasted peanuts
2	oranges, filets of two oranges
1 bowl	garden cress
3 T	white balsamic vinegar
	Salt, black pepper from burr grinder

For garnish:

4	eggs
	fine cut coriander



Formulation:

For the veal tenderloin:

Cut the filet into stripes. Peel and dice the shallots, garlic and ginger. Halve, core and dice the red chilies. Mix the filet, the diced ingredients and the Hoisin Sauce and let them marinate for 30 minutes while room temperature.

Dust the marinated meat with corn starch, heat some sesame oil and sear it, then remove it from pan. Fill the chicken stock, the plum wine and the coconut milk into the same pan, flavor it and let it reduce gently. Refine the meat slowly on medium temperature, if necessary foam the sauce.

For the noodles:

For the noodles, peel the carrot and cut it into small stripes. Quarter the pepper, core it, remove the skin and cut it into small stripes, too. Remove the stalk of the Baby Pak Choi and cut it into rough pieces. Wash the snow peas and halve them diagonally. Wash the Shiitake mushrooms and cut them into slices. Sear the vegetables in hot oil bit by bit. Dust it with the corn starch. Add the noodles and let it rust all together.

Season it with some soy sauce, salt and chilies.

For the salad

Quarter the cucumbers, core them and cut them angular into pieces. Omit the stalk. Wash the radish und quarter it. Wash and dry the leaves of the radish. Add the filets of the oranges to all the other ingredients and season it with some olive oil, vinegar, salt and pepper.

Put the noodles on some plates and arrange the meat on them, aside decorate the salad. Finalize it with some sauce and coriander.



Dessert: *Caramelized vineyard peaches with curd cheese ice and Bellini sabayon from Johann Lafer*

Ingredients for four people:

For the peaches:

4	vineyard peaches
2 T	acacia honey
1	orange, abrasion and juice
1 bowl	raspberries
1	vanilla bean, pulp

For the curd cheese ice:

100 ml	milk
150 g	acacia honey
1 piece	steeped gelatin
250 g	curd cheese
150 ml	cream
1	lemon, abrasion and juice

For the Bellini-sabayon:

2	egg yolks
20 g	sugar
40 ml	white wine
40 ml	peach juice

For garnish:

Mint

Formulation:

Reduce the honey, orange juice- and abrasion and the vanilla pulp all together.

Core the peaches and cut them into pieces. Let them caramelize in the brew slowly.

Put it into a bowl and add the raspberries and some orange juice- and abrasion.

For the ice, sear the milk together with honey and stir in the gelatin completely. Add the other ingredients, stir it and let it freeze in the ice machine.

Put all ingredients for the sabayon into a bowl and cream them over a water bath for some minutes.

Put the peach slices on a plate, put some ice on them and finalize it with raspberries and mint.