



## VEAL ORLOV

### Veal Orlov

This is a very popular Russian dish, originally created by a French chef. It was first served in the Russian Embassy in Paris, when prince Nikolai Orlov was there for a visit. It's a rich, luxurious meat dish fit for any royalty. The veal can be braised 1 day ahead. The soubise, duxelles, and Mornay sauce can also be made 1 day ahead.

Ready in: 4h 30 minutes

Servings: 8

### Ingredients

#### Roast:

2 kilo boneless loin of veal roast, tied  
1 tsp. salt  
½ tsp. black pepper  
1 tbsp. vegetable oil  
2 tbsp. unsalted butter  
1 medium onion, finely chopped  
1 celery rib, finely chopped  
1 large carrot, finely chopped  
6 sprigs fresh flat-leaf parsley  
6 sprigs fresh thyme  
1 bay leaf  
250 ml dry white wine

#### Soubise (onion sauce):

60 grams long-grain white rice  
2 tbsp. unsalted butter  
450 grams onions, thinly sliced  
½ tsp. salt  
100 ml chicken broth

#### Duxelles:

450 grams mushrooms, minced  
3 tbsp. unsalted butter  
2 tbsp. finely chopped black truffles (optional)  
70 ml heavy cream  
¼ tsp. salt, or to taste  
pinch of black pepper

#### Mornay sauce:

400 ml whole milk  
4½ tbsp. unsalted butter  
6 tbsp. all-purpose flour  
40 grams coarsely grated Gruyère  
½ tsp. salt

pinch of black pepper  
pinch of freshly grated nutmeg

1. Preheat the oven to 325°F or 165°C.
2. Pat the veal roast dry and sprinkle it with salt and pepper. Heat oil and 1 tablespoon butter in a large pot over moderately high heat until foam subsides, then brown the veal on all sides. Transfer veal to a plate and discard the fat from the pot.
3. Melt the remaining tablespoon butter in the pot and cook onion, celery, and carrot over moderate heat, stirring and scraping up any brown bits until softened, about 5 minutes.
4. Wrap parsley, fresh thyme and bay leaf in a square of cheesecloth and tie into a bundle with string to make a bouquet garni, then add to vegetables along with wine.
5. Put the veal on top and bring to a simmer.
6. Cover pot with lid, then transfer to the lower part of the oven and braise the veal until the core temperature of the meat is 145°F or 63°C, about 1 1/2 hours.
7. Transfer the veal to a cutting board and let it rest for 30 minutes. Pour the cooking juices from the pot through a fine-mesh sieve into a bowl. Skim off fat and reserve juices, adding any juices that have accumulated on plate from veal, for the Mornay sauce.
8. Make the soubise while the veal braises in the oven. Parcook rice in a large saucepan of boiling salted water 5 minutes, then drain in a sieve and rinse.
9. Heat butter in an ovenproof skillet over moderately low heat until foam subsides, then stir in onions and salt. Cover tightly with a lid and cook onions over low heat, stirring occasionally, 5 minutes. Stir in rice and broth and bring to a simmer.
10. Cover the skillet tightly, then transfer to the upper third of the oven and bake until the rice and onions are very soft, about 1 hour.
11. Transfer the soubise to a food processor and pulse until coarsely puréed. Transfer to a bowl and allow to cool.
12. Make duxelles while veal and soubise cook. Put a handful of chopped mushrooms in a clean kitchen towel (not terry cloth), then gather towel around mushrooms and wring them over sink to squeeze out as much liquid as possible. Wring out remaining mushrooms, a handful at a time, in same manner.
13. Heat butter in a large skillet over moderately high heat until foam subsides, then sauté mushrooms and truffles (if using). Stir often and cook until lightly browned and any liquid the mushrooms give off is evaporated, for about 6 to 8 minutes.
14. Stir in cream, salt and pepper and cook while stirring until the cream is absorbed by mushrooms, about 1 minute. Transfer to a bowl and cool.
15. Make Mornay sauce while the veal roast is resting. Add milk to the reserved veal juices.
16. Melt butter in a saucepan over moderately low heat, then add flour and cook over low heat, whisking constantly for 3 minutes.
17. Add the milk mixture in a stream, whisking, and bring the sauce to a boil while whisking. Reduce heat to low and gently simmer, whisking occasionally for 10 minutes.
18. Remove the sauce from the heat and add Gruyère, whisking until melted. Then whisk in salt, pepper, and nutmeg.
19. Assemble the dish. Move the top oven rack to middle of the oven and increase temperature to 375°F or 190°C.

20. Stir about half a deciliter of the soubise into the duxelles.

21. Transfer the remaining soubise to a sealable plastic bag. Transfer duxelles mixture to another sealable plastic bag, then seal each bag, squeezing out excess air. Snip off a bottom corner of each bag.

22. Remove the string from veal. Trim off fat layers and ends of veal and discard. Cut the roast crosswise into 16 slices, keeping slices together.

23. Transfer 1 slice of veal to the end of an ovenproof platter, then pipe about 1 1/2 tablespoons soubise onto half of the slice, starting at bottom of slice and working toward top. Pipe about 1 1/2 tablespoons duxelles on the other half of slice in same manner, so that black contrasts with white on each veal slice. Overlap with another slice of veal, leaving about 1½ centimeter of stuffing exposed. Repeat with remaining veal slices and remaining soubise and duxelles, keeping slices aligned.

24. Spoon 1-2 deciliters of the Mornay sauce over the top and sides of the veal, covering slices and stuffings thinly but completely.

25. Bake the veal Orlov, uncovered, until heated through and the Mornay sauce glazes the veal, 20 to 30 minutes.

26. Heat the remaining Mornay sauce over moderate heat, stirring occasionally. Thin it with a little milk, if necessary. When hot, transfer to a gravy boat to serve on the side. Serve the veal with potatoes and green beans

Enjoy!