

Vitello tonnata

1kg piece boned and rolled veal

1 carrot, halved

1 onion, halved

1 celery stick, sliced

1 bay leaf

4 peppercorns

salt

300ml Maionese Tonnata (see Maionese Tonnata note)

Garnish:

strips of anchovy fillets

drained capers

few black olives

thin lemon slices

Put the meat into a saucepan just large enough to hold it. Add the carrot, onion, bay leaf, celery, peppercorns and 1 teaspoon salt. Add just enough water to cover and bring slowly to the boil. Skim the surface, cover and simmer for 1.5 to 2 hours, until tender. Leave in the stock until cold. Drain the meat and carve into neat slices. Lightly cover the base of a serving dish with half of the Maionese Tonnata and arrange the meat on top. Spoon over the remaining dressing to cover the meat completely. Cover the dish loosely with foil and leave in the fridge overnight. Garnish with anchovies, capers, olives and lemon slices. Serve as an antipasto or main course.