

MONTPAK Veal Sweetbread Nuggets

Beautifully tender pieces with a mild and creamy flavour and a beautifully crispy outside.

If trying sweetbreads for the first time you will not be disappointed!



Beforehand:

Keep refrigerated until use. If frozen, defrost in the fridge overnight.



Step 1. Wash sweetbreads in cold water, then put them in a large bowl, cover with ice water, and refrigerate for 2 hours, changing the water several times, at least 4 times.



Step 2. Put sweetbreads in a saucepan, cover with cold salted water, lemon slices, fresh basil and rosemary sprigs, and the juice of one lemon. Bring to a boil and poach them in boiling water for 5 minutes.



Step 3. Drain, then transfer sweetbreads to a bowl of ice water to cool them. For best results refrigerate for 1 hour.

Step 4. When cool, clean sweetbreads by removing and discarding all fat, membrane and sinewy parts. Blot dry with a kitchen towel. Cut sweetbreads into bite-sized pieces or nuggets.

Step 5. For breading, in a bowl, mix 1 beaten egg, $\frac{3}{4}$ cup of milk, 1 Tbsp. olive oil and salt & pepper to taste. In a separate bowl, combine $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup cornstarch, 1 tsp. baking powder, and $\frac{1}{4}$ tsp. of salt. Set aside a dish with $1\frac{1}{2}$ cups of seasoned breadcrumbs. Add wet ingredients to dry and combine until smooth. Add sweetbreads to egg/flour mixture the «batter» and coat completely. With a large spoon scoop sweetbreads and add them to the seasoned breadcrumbs making sure they are well coated.



A. Skillet Method



Step 7 A. In a large cast-iron skillet or heavy deep skillet, add oil to cover half an inch. Use an oil that can withstand high heat, such as canola oil. Over high heat melt 2-4 tablespoons of butter. Add sweetbreads to the skillet. Reduce cooking temperature to medium-high heat and cook nuggets until golden brown turning frequently, about 3-5 minutes each. Fry in batches as to not overcrowd the pan.

B. Deep Fryer Method



Step 7 B. Add sweetbreads to the deep fryer and cook nuggets until golden brown.



Step 8. When cooking is complete, remove the sweetbreads and place them on a plate lined with absorbent paper towel to remove excess oil. You are ready now to assemble your plates. Serve immediately.

Impress your guests!



Appetizer

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Tacos



Hearty Salad



Fried sweetbreads in a basket



Bon appétit!



Poutine