



Vitello Tonnato

The typical Italian cut used for vitello tonnato is girello (eye round), which is part of the silverside. In Australia you may find it easier to get veal nut (also called knuckle or round). It's easier to slice the veal thinly if you have time to refrigerate it first.

Serves 6

INGREDIENTS

- Extra virgin olive oil, for pan-frying
- 1kg veal nut (2lb 3oz)
- 2 cups dry white wine (500ml)
- 1 cup verjuice or sweet white wine vinegar (250ml)
- 1 brown onion, chopped
- 2 fresh bay leaves, torn
- 1½ tablespoons salt flakes
- 1 teaspoon black peppercorns
- A few stalks parsley
- 2 tablespoons large salted capers, rinsed and dried
- 1 tablespoon chopped chives
- A few small young celery leaves
- Rocket and parmesan salad, for serving
- Crusty bread, for serving

Tuna Mayonnaise

- 370g canned tuna, drained (13oz)
- 4 eggs, hard-boiled
- 2 tablespoons lemon juice (40ml)
- 2 tablespoons salted capers, rinsed and drained
- 6 anchovy fillets
- Pinch cayenne
- ½ cup extra virgin olive oil (125ml)

METHOD

1. Heat a generous drizzle of oil in a large saucepan over high heat.
2. Add veal and cook for a minute or so each side until well coloured. Remove to a plate.
3. Add wine and verjuice to the pan and bring to the boil, stirring with a wooden spoon to dissolve any bits stuck to the bottom of the pan.
4. Add onion, bay leaves, salt, peppercorns and parsley stalks and return veal to the pan with any juices. Add enough cold water to just cover (about 2 litres). Cover with a lid and bring to the boil.
5. Reduce heat and simmer for 1½ hours, turning it over after 45 minutes. Remove from heat, uncover and set aside to cool in the poaching liquid for an hour or so.
6. Meanwhile, make Tuna Mayonnaise: process tuna, eggs, lemon juice, capers, anchovies and cayenne in a food processor until smooth. With the motor running, drizzle in oil to form a thick emulsion. Cover and refrigerate until needed.
7. Drain veal, strain and reserve the cooking liquid.
8. Slice veal as thinly as possible (about 1mm-thick).
9. Add a little veal cooking liquid (about ¼ cup/60ml) to the Tuna Mayonnaise to give it a thick pouring consistency.
10. Spread Tuna Mayonnaise onto a platter, arrange veal slices on top overlapping slightly, with a little more Tuna Mayonnaise in between slices, spread remaining Tuna Mayonnaise over the top. Cover and refrigerate for at least a few hours, preferably overnight.
11. Heat some oil in a small saucepan, add capers and fry for a minute or 2 until crisp. Drain on paper towel.
12. Scatter capers, chives and celery leaves over the veal and serve with rocket and parmesan salad and crusty bread.