

RECIPE 21

Entrecôte of grilled Wagyu beef, caramelised Tropea onion, veal in a demi-glace sauce



Ingredients for 1 person

Entrecôte of Wagyu beef 80g
 Tropea onion
 (medium/small) 1/2
 Veal in a demi-glace
 sauce to taste
 Maldon salt A few crystals

Method

- 1 Prepare a classic demi-glace sauce with veal bones and well-grilled vegetables.
- 2 Prepare the onions, cutting in half the 2nd or 3rd layer of a medium-small onion, put them in cold water in the fridge for 1 hour before using them, just before putting them on the grill, drain and dry them well by dabbing them with a cloth.
- 3 Make sure that the grill is at maximum temperature before placing the onions facing downwards for no more than 2 minutes so that they keep their crunchy texture.
- 4 Cut a rectangular piece of beef about 2cm high and about 6cm long, sear without any seasoning for about 3 minutes, leave to stand for 3 minutes.
- 5 Serve the Tropea onion with its browned underside on a hot plate with the meat on the side sprinkled with a few Maldon salt crystals



Method for the demi-glace sauce

- Day 1**
- Prepare a mixture of veal bones by selecting those with the most connective tissue and nerves (ultimately it is these parts that will naturally bind the sauce).
 - Roast the bones in the oven on a pan at 200 degrees for an hour and a half or until they have turned a very dark colour, prepare the washed vegetables (carrots, onions, shallots, leeks, celery, tomatoes) and also roast them at 200 degrees for 20 minutes.
 - Bring the bones and vegetables together in a saucepan and increase the heat to maximum, wait a few minutes and add a bottle of dry red wine. Wait until the alcohol has completely evaporated.
 - At this point, completely cover with ice, lower the heat to a minimum and allow the mix to simmer for 7-8 hours and then place in cold store at 0 degrees for the whole night.
- Day 2**
- Put the saucepan back on the heat and add more ice and simmer for 7-8 hours and then put it back in the cold store at 0 degrees for the whole night.
- Day 3**
- Put the pan back on the heat and remove all the bones from the liquid, at this point filter through a cheesecloth.
 - Return the pan to the cold store until the fatty part reaches the surface.
- Day 4**
- At this point, remove all the fat with a spoon, and reduce to low heat until it starts to have a syrupy consistency.

Creator's Notes

LORENZO DE GUIO

Born in a small village in the province of Vicenza, he began to discover the world of food from an early age, working with his father in the family butchers. His relationship with the kitchen, which started as a home experiment, has turned into a real passion. He won the bronze medal in the fifth edition of 'MasterChef Italia', and splits his time between his profession and show cooking around Italy.

