

Zürcher Geschnetzeltes

Emincé de Veau à la Végétariene

(Vegetarian Veal Strips in Mushroom Wine Cream Sauce)

Ingredients:

500 g veal or substitute like vegetarian apple sausage
2 tbslp butter
1 small onion, chopped
200 g mushrooms, sliced
100 ml vegetable stock
100 ml white wine
200 ml cream
1 tsp lemon juice
1 tbslp cornstarch
1 bunch parsley chopped
Salt, pepper
Flour



Directions:

- (1) Cut meat or vegetarian substitute into not-too-fine strips, fry well in butter, season with salt & pepper, sprinkle with flour, set aside.
- (2) For the sauce: sauté onions and mushrooms in the pan, add lemon juice and white wine, simmer until half thickened. Mix the vegetable stock and cornstarch and cream to a smooth consistency, add to pan and simmer a bit. Add in the reserved meat, season if needed.
- (3) Sprinkle with parsley to serve.

Credit: *Schweizer Küche* by Alfred Haefeli, Hrsg.

