



# Rose Veal Roasted Rolled Rib with Tomato Tonnato

A boneless, rolled rib of rose veal makes a really super Sunday roast

Serves: 6

Prepare: 15 Minutes

Cook: 1 Hour 10 Minutes

Difficulty: easy

## Ingredients

- [1kg rose veal rolled rib](#)
- 1tbsp neutral cooking oil
- 2 medium onions, quartered
- flaky sea salt and cracked black peppercorns

## For The Tomato Tonnato

- 1 clove garlic, peeled
- tuna in spring water, drained
- 6 salted anchovies in oil
- 2tsp fish sauce
- 3tsp red wine vinegar
- 2tsp dijon mustard
- 2 egg yolks
- 100g extra virgin olive oil
- 3 beef heart tomatoes
- pinch flaky sea salt
- 1tbsp small capers

## Method

1. Ensure the veal has been removed from any packaging and, ideally, seasoned liberally all over with salt before being left uncovered in the fridge overnight. This will help dry out the meat a little and encourage browning. Bring it out 30 minutes before cooking
2. Heat the oven to 180°C fan
3. Place a frying pan that fits the meat snugly over a medium-high flame. Before it warms up, add just a splash of cooking oil, then the veal joint fat-side facing down. The fat will render out and brown as the pan warms up. Fry for around 90 seconds, then keep browning all sides of the meat, for the same amount of time on each side. In total around 8 minutes
4. Tuck the onion quarters into the underside of the meat, turn in the fat so they glisten and take on a little colour, then either slide the pan into the oven (if oven proof), or transfer the meat and onions to a small roasting tin. Roast for around 36 minutes (being 12 minutes, plus 12 minutes per 500g). Rest, carve and season
5. Meanwhile, make the tomato tonnato. Ensure the tomatoes are at room temperature, slice thinly, lay on a tray and season lightly with flaky salt. Set to one side
6. Add to a blender the garlic, tuna, anchovies, fish sauce, vinegar, mustard, egg yolks and olive oil. Whizz until smooth and silky (around 30 seconds). Decant to a bowl and refrigerate until required
7. When the meat is resting, spoon 3-4 tablespoons of the sauce onto a large platter. Lay the tomatoes on top. Sprinkle over the capers
8. Serve the meat with the tomato tonnato, plus some peppery greens and either roast potatoes or oven chips