

Vitello Tonnato (Veal with Tuna Sauce)

INGREDIENTS

This recipe serves 6 people as a starter, or 4 people as a main course.

For the veal:

600g veal shoulder
1 carrot, peeled
1 onion, halved (leave the skin on)
1 celery stick
2 garlic cloves, peeled
5 whole cloves
6 black peppercorns
2 bay leaves
Pinch of salt
600ml dry white wine
1.85 litres water

For the tuna sauce:

100g tinned tuna in olive oil, drained
60g capers, drained
4 anchovy fillets
4 hard-boiled eggs, peeled
Juice of 1 lemon
Freshly ground black pepper, to taste
150ml extra virgin olive oil

To garnish:

Extra capers, drained



Wine pairing suggestions



Gavi di Gavi, I Moncalvi

Description

Vitello Tonnato (Veal with Tuna Sauce) is a classic Italian dish from Piedmont, featuring tender poached veal thinly sliced and topped with a creamy, savoury tuna and caper sauce. Traditionally served cold, this elegant and flavourful dish is perfect for summer lunches, antipasti platters, or festive occasions. Vitello Tonnato is a unique and unforgettable recipe that's both light and indulgent.

Preparation

1. Cook the veal:

Place the veal shoulder in a large pot. Add the carrot, onion, celery, garlic, cloves, peppercorns, bay leaves, and a pinch of salt. Pour in the wine and water to fully cover the meat. Bring to a boil, then reduce the heat and simmer gently for 1½ to 2 hours, or until the meat is tender. Let the meat cool in the broth. Once cooled, remove the veal and thinly slice it. Reserve a ladle of the cooking liquid for the sauce.

2. Make the tuna sauce:

In a food processor or blender, combine the tuna, capers, anchovies, hard-boiled eggs, lemon juice, and a few tablespoons of the reserved cooking broth. Blend until smooth, then slowly drizzle in the olive oil while blending to create a creamy sauce. Add more broth if needed to reach your desired consistency. Season with black pepper to taste.

3. Assemble and serve:

Arrange the veal slices on a serving platter. Spoon or spread the tuna sauce over the top, covering the meat generously. Garnish with extra drained capers. Chill in the fridge for at least an hour before serving to allow the flavours to meld.

Serving suggestion:

Serve cold, ideally with crusty bread or a crisp green salad. This dish is even better the next day.