

# Veal with Fava Bean Butter

Yield: 4 min

Total Time: 840 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-borage-recipe>

## Ingredients:

- 1 1/2 pounds veal breast boneless
- 3 grapefruits
- 3 lemons
- 3 limes
- 3 oranges
- 1/2 teaspoon water
- 5 1/3 cups firmly packed brown sugar
- 2 1/2 cups table salt
- 8 ounces fresh ginger peeled and thinly sliced
- 1/2 cup coriander seeds
- 1/4 cup whole cloves
- 1/4 cup black peppercorns
- 1/4 cup allspice berries
- 1/4 cup yellow mustard seeds
- 15 thyme sprigs fresh
- 4 teaspoons curing salt per gallon of brine
- 1/4 cup extra-virgin olive oil plus more for drizzling
- Maldon sea salt
- 22 ounces fava beans in the pod
- 1 1/3 cups extra virgin olive oil Arbequina
- 30 grams glycerine powder
- 12 fava bean flowers
- 4 slices country bread grilled
- canola oil for deep-frying
- 2 pounds veal shanks cut into 1-inch pieces, ask the butcher to do this
- 8 1/2 cups chicken stock
- 1/2 yellow onion diced
- 1 carrot diced
- 2 celery ribs diced
- 4 teaspoons unsalted butter
- fine sea salt
- vinegar Banyuls
- 1/2 teaspoon fine sea salt
- 8 snow peas

- 8 sugar snap peas
- 1 teaspoon extra virgin olive oil
- fine sea salt
- 12 fava beans shelled, blanched and peeled
- 28 pea pods English, shelled
- 20 bean sprouts
- 4 baby carrots
- 4 baby turnips
- 4 baby radishes
- 8 borage flowers
- 3/4 cup sugar
- 1 2/3 cups almond flour
- 2/3 cup all-purpose flour
- 9 tablespoons ground coffee
- 1 teaspoon fine sea salt
- 6 tablespoons cocoa powder black
- 5 teaspoons ground cardamom
- 7 tablespoons unsalted butter melted