

Brain in Lemon and Herbs

INGREDIENTS:

Servings: 2 people

Veal brain	1/2
Salt	1 tsp
Flour	60 g
Egg	1
Vegetable oil	for frying
Lemon juice	2 tbs
Chopped dill	1 tsp
Chopped mint	1 tsp
Chopped coriander	1 tsp
Chopped parsley	10 g
Freshly ground pepper	to taste
Sliced garlic cloves	2

Servings: 4 people

Veal brain	1
Salt	1 tsp
Flour	125 g
Eggs	2
Vegetable oil	for frying
Lemon juice	60 ml
Chopped dill	1 tbs
Chopped mint	1 tbs
Chopped coriander	1 tbs
Chopped parsley	15 g
Freshly ground pepper	to taste
Sliced garlic cloves	4

Servings: 6 people

Veal brains	1 1/2
Salt	1 tsp
Flour	200 g
Eggs	3
Vegetable oil	for frying
Lemon juice	90 ml

Chopped dill	1 tbs
Chopped mint	1 tbs
Chopped coriander	1 tbs
Chopped parsley	25 g
Freshly ground pepper	to taste
Sliced garlic cloves	6

Servings: 8 people

Veal brains	2
Salt	2 tsp
Flour	250 g
Eggs	4
Vegetable oil	for frying
Lemon juice	120 ml
Chopped dill	2 tbs
Chopped mint	2 tbs
Chopped coriander	2 tbs
Chopped parsley	30 g
Freshly ground pepper	to taste
Sliced garlic cloves	8

Servings: 10 people

Veal brains	2 1/2
Salt	2 tsp
Flour	320 g
Eggs	5
Vegetable oil	for frying
Lemon juice	150 ml
Chopped dill	2 tbs

Chopped mint	2 tbs
Chopped coriander	2 tbs
Chopped parsley	40 g
Freshly ground pepper	to taste
Sliced garlic cloves	10

Servings: 12 people

Veal brains	3
Salt	1 tbs
Flour	375 g
Eggs	6
Vegetable oil	for frying
Lemon juice	180 ml
Chopped dill	3 tbs
Chopped mint	3 tbs
Chopped coriander	3 tbs
Chopped parsley	45 g
Freshly ground pepper	to taste
Sliced garlic cloves	12

TOOLS:

Bowls	2
Small knife	
Saucepan	
Chef's knife	
Cutting board	
Shallow dish	
Whisk	
Frying pan	

Spatula
Wide saucepan
Pepper mill

INFO:

This remarkably delicate dish had its origins in one of the "new wave" restaurants of Tel Aviv, but has now become one of the most popular dishes in the nation. The roots of this dish are from the Jewish cuisine of the Balkans.

TIME:

prep time : 01:00

cook time : 00:30

PREPARATION:

Soak the brain in icy water for 30 minutes. Peel the rind. Boil water with salt and simmer the brain for 10 minutes. Refresh and chill the brain. After the brain has been chilled, slice it into 1 1/2 cm slices.

Pour the flour into a shallow dish. In another bowl, beat the eggs. Heat the oil in a frying pan. Dip the slices of brain in the flour, then in the eggs. Fry over medium high heat until golden brown.

Put the golden slices in a wide saucepan. Cover the slices with water and lemon juice. Add the herbs and salt. Season to taste with freshly ground pepper. Add the garlic to the saucepan, and simmer for 30 minutes. Transfer to a serving dish, add the liquid and chill before serving.