

Burg  
Schlitz  
Castle-Hotel

*“Awakening of Spring”*

A Recipe from Sabine Teubler’s Castle-Kitchen

*Veal Tenderloin poached with Wild Herbs  
on a Ragout of Spring-Morels and Asparagus*

**RECIPE FOR 4 PERSONS**

*For the Spring-Morels*

- 200g fresh Morels
- 1 Shallot
- 100ml white Port Wine
- 20g Butter

Clean the morels and remove the rough stems. Heat some butter in a pot and sauté the finely diced shallot until it has acquired a glassy condition. Add the morels, season and deglaze with 50ml of Port Wine. When the wine is boiled down, add some more butter and stew the morels for a little while. Now add the remaining Port and let it boil down again. Afterwards put the morels aside.

## *For the Asparagus*

- 600g Asparagus

Peel the asparagus as usual. Slice it regularly which is best done with a kitchen-plane. The heads can be boiled separately and used as decoration. Give the sliced asparagus in a pot, season it with a dash of sugar and some salt and mingle thoroughly. Put everything aside.

## *For the Veal Tenderloin*

- 4 Portions of Veal Tenderloin
- Various kinds of Wild Herbs

Have the meat portioned at the butcher's as needed and take care that all sinews have been removed.

Mince the wild herbs, whatever you may find on a meadow, and give them in a deep plate. Season the meat with salt and pepper and roll it in these herbs, so that the entire surface is completely covered.

Now wrap slightly each piece first in cling film, then in aluminium foil.

Boil water in a sufficiently dimensioned pot and cook the wrapped meat pieces for app. 12 – 14 minutes. Afterwards allow them to rest for app. 5 – 10 minutes in an oven at 60 degrees Celsius.

## *For the Arrangement*

Having marinated the asparagus some time ago with salt and pepper, it has lost some water in the meantime and can now be stewed with some butter in its own juice. After 2 – 3 minutes the asparagus is already done. Add the morels. Round off everything by adding some minced wild herbs.

Arrange the ragout in the middle. Unwrap the meat, cut it into halves and put it on top of the ragout. Self-made gnocchi are quite suitable as a side-dish, but a nice potato mash will also do.