

Sweetbreads & Mushrooms

(serves 12)

Ingredients:

4 lbs Sweetbreads, blanched (see instruction below)
8 tbsp Vinegar, approximately
4 tsp Salt, approximately
4 tbsp Lemon juice, approximately
4 tbsp Butter, approximately
32 fresh Button Mushrooms, halved
½ cup fresh Lemon Juice
2 cups Chicken stock
½ cup Tomato paste
1 cup dry Marsala
2 Bay leaves, broken
Pepper, freshly ground, to taste
2 tsp arrowroot
2 tbsp dry White wine

Method:

Blanch the sweetbreads – this can be done the night before, and will be in this instance; they will be provided prepared and ready to cook.

First, wash in cold water.

Then place in a bowl and soak for at least two hours in several changes of cold water.

Pull off as much membrane and filament as you can without tearing the flesh.

Soak for another two hours, this time adding 1 tbsp of vinegar per quart of cold water.

Pull off the filament and remove connecting tubes between the lobes, if present.

Place the sweetbreads in a saucepan and cover by about two inches with boiling water.

Add salt and lemon juice (1 tsp of salt and 1 tbsp of vinegar per quart of water.)

Bring to a bare simmer and cook for 15 minutes.

Drain and plunge into cold water for 5 minutes.

Drain.

When ready to cook, cut the blanched sweetbreads into bite-sized cubes.

Brown them in the butter in a roomy skillet. (You may need to brown in 2 batches to avoid overcrowding.)

Remove the sweetbreads to a plate.

In the same skillet quickly brown the mushrooms over a brisk flame, adding more butter if needed.

Add the lemon juice to the skillet and cook, covered, for 3 minutes.

Return the sweetbreads to the skillet and add the chicken stock, tomato paste, Marsala and bay leaf.

Simmer, uncovered, over medium heat for 15 minutes.

Add pepper. Dissolve the arrowroot in white wine and add to skillet to thicken.

Plate with the rice and vegetable.

Serve.

(The sweetbreads may be prepared ahead of time and refrigerated. In that case, return to room temperature before reheating.)