

REATH RECIPES

VEAL





BIG DEAL VEAL

Note: This recipe is amazing. Don't even think about skipping the salad or the sauce. The tart lemon flavors balance the richness of the veal and blue cheese beautifully. Use 4 veal chops if you can't find veal tenders.

For the Veal:

- 2 veal tenderloins
- Kosher salt and freshly ground black pepper
- 3 T. olive oil
- ½ red onion, peeled and diced small
- ½ cup Madeira wine
- 1 cup chicken stock
- 2 oz. of your favorite blue cheese
- 1 T. freshly chopped parsley (optional)

Preheat the oven to 350°. Season the veal with salt and pepper. Heat 2 T. olive oil over medium-high heat. Brown the tenders or chops on all sides, about 12 minutes. Transfer the veal to a small roasting pan and cook to an internal temperature of 130°. Remove from the oven, cover with foil and let rest for about 10 minutes before serving. While the veal is cooking, make the sauce and the salad.

For the sauce add the remaining T. of olive oil to the sauté pan over medium-high heat. Add the red onion and sauté until translucent, about 7 minutes. Add Madeira and cook for 1 minute, scraping flavorful bits off the bottom of the pan. Add the stock and simmer reducing the sauce for about 10 minutes. Stir in the blue cheese and parsley. Add salt and pepper to taste. Serve warm. Slice the veal tenderloins on the bias to make 1-inch pieces; if you are using chops leave them whole. Place the veal over the mâche salad, drizzle generously with sauce and serve immediately.

For the Mâche Salad:

- ⅓ cup best quality olive oil
- 2 T. fresh lemon juice (about 1 lemon)
- Kosher salt and freshly ground black pepper
- 1 carton mâche lettuce or 2 bunches watercress, trimmed
- ½ cup pinenuts, toasted

In a small bowl, whisk together the olive oil, lemon juice, and salt and pepper. Toss the lettuce and nuts with the dressing and divide among 4 plates.

GOURMET VEAL-BLT BURGERS



Note: This makes a very, very elegant barbecue. We use the roasted tomatoes in all kinds of other recipes too.

- 4 high-quality hamburger buns or Kaiser rolls, split and toasted
- 1 small head Bibb or Boston lettuce, separated into leaves
- 16 roasted tomato halves (recipe to follow)
- 8 slices bacon, cooked to taste
- 1½ to 1¾ lbs. ground veal
- 4 T. White Wine-Tarragon butter, frozen (recipe below)
- Kosher salt

Prepare a fire in a charcoal or wood grill or preheat a gas grill to medium-high. Lightly oil and preheat the grate. Put the buns open-faced on 4 serving plates. On 1 half of each bun, lay 1 or 2 lettuce leaves, 4 Roasted Tomato halves, and 2 strips of bacon. Set aside.

Gently shape the veal into 4 equal patties. Cut the frozen butter into 4 tablespoon-sized disks. Using your fingers, make a hole in the side of each patty and insert a disk of the butter so that it sits in the center of the patty and its flat side is parallel to the flat side of the patty. Gently pinch the hole closed, completely enclosing the butter within the patty so that it won't leak during cooking.

Generously salt the patties and grill for 3 to 4 minutes on each side for medium rare. (Alternatively, cook the patties in a skillet with a little olive oil over medium-high heat.) Transfer the burgers to bottom buns.

For the Roasted Tomatoes:

- One 28 oz. can peeled whole tomatoes, drained, tomatoes cut in half lengthwise
- Olive oil
- Kosher salt

Preheat the oven to 325°. Line a baking sheet with aluminum foil and grease the foil with olive oil. Put the tomatoes cut side up on the prepared baking sheet. Drizzle olive oil over each tomato half and sprinkle lightly with salt. Roast the tomatoes for 45 minutes to an hour (smaller tomatoes may take less time) or until they have shrunk but are still moist. Cool, cover, and refrigerate until needed, up to 3 days ahead.

For the White Wine-Tarragon Butter:

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| 1 cup dry white wine | 2 T. finely chopped fresh tarragon |
| 2 T. minced shallots | Kosher salt |
| Freshly ground black pepper | ½ cup (1 stick) unsalted butter, slightly softened and cut into pieces |

In a small saucepan, combine the wine, shallots, and a few grindings of pepper and bring to a boil over medium-high heat. Reduce to medium and simmer until the wine is reduced to 1 or 2 T. about 8 to 10 minutes. Remove the pan from the heat and add the tarragon and a generous pinch of salt. Let cool for 5 to 10 minutes, then, while the wine mix is still warm, combine it with the butter in a small bowl and mash to mix it thoroughly. Lay a double thickness of 16-inch long piece of plastic wrap on a work surface. Using a rubber spatula, scrape the butter from the pan onto the plastic. Roll it tightly in the plastic, twisting the ends and pressing on the butter to form a sausage shape about 1½ in. thick. Freeze or refrigerate up to three days.

KANSAS CITY VEAL CHOPS WITH FRESH MOREL AND GOAT CHEESE SAUCE

Note: If it is spring and you happen to score some fresh morels, this is the dish to make.

4 best quality veal chops	1 T. mixed peppercorns
5 T. olive oil	½ cup Marsala wine
½ lb. fresh morel mushrooms	2 cup veal stock or substitute 1 cup chicken stock and 1 cup beef stock
½ cup chopped shallots	3 oz. goat cheese
3 garlic cloves, chopped	
3 sprigs fresh thyme	

Preheat grill to medium-high. Rub veal chops with 1½ tablespoons of olive oil, season with salt and pepper and bring to room temperature before grilling.

In a large sauté pan, sauté morels in 1½ tablespoons of olive oil and set aside. Add two tablespoons of olive oil to the pan and sauté shallots and garlic for about two minutes. Add peppercorns and thyme and sauté for another two minutes. Deglaze with Marsala wine and reduce by half. Add stock and reduce by half again. Strain sauce and return to pan. Add goat cheese and simmer until blended well. Remove from heat.

Grill the veal chops until they are almost to your desired doneness. Remove from grill and cover in foil. Add morels to the sauce and cook just until the sauce and mushrooms are warm. You don't want to overcook the morels. Serve immediately over each chop.



VEAL PAPRIKASH

Note: More family comfort food. If you like spicy, use the Szeged Hot Hungarian Paprika. If you prefer a more mild sauce, the Szeged Sweet Hungarian Paprika is great as well. You can find it in the spice section of your grocery store in a red can.

- 2 T. butter
- 2 T. olive oil
- 2lbs. veal stew meat cut into 1-inch cubes
- 1½ cups sliced carrots
- 1 cup sliced onion
- 1 garlic clove minced
- ¼ cup flour
- 1 T. good Hungarian paprika (like Szeged)
- Kosher salt and pepper
- 1 cup chicken broth
- 1½ cups beef broth
- ½ cup white wine
- 2 bay leaves
- 1 cup sour cream at room temperature
- Fresh parsley for garnish (optional)



Melt 1 T. of butter and 1 T. of olive oil in a Dutch oven over medium-high heat. Add veal and brown on all sides. Remove meat and juices. Set aside.

Melt the rest of the butter with the rest of the olive oil over medium heat. Add the carrots, onions and garlic. Sauté about 10 minutes until tender. Add the flour and paprika, salt and pepper and stir until vegetables are evenly coated. Add broths, wine and bay leaves. Return the meat to the pot and bring to a boil. Cover, reduce heat and simmer for about 1½ hours, stirring occasionally.

Discard the bay leaves and stir in the sour cream, while cooking over low heat for about five minutes until heated. Do not let the sour cream boil. Serve over noodles and garnish with fresh parsley if desired. Serves 6

VEAL OSSO BUCO WITH LEMON PISTACHIO POWER PACK



Note: Osso Buco is traditionally made with risotto. You can also serve it over pasta or even plain rice if you don't feel like making risotto. Don't skip the power pack because the brightness of the flavors really makes the dish, providing a great contrast with the richness of the veal. Osso Buco is deceptively easy to make and one of our favorite winter meals. (Serve with Risotto and a simple salad)

For the Veal:

6 veal shanks, cut for Osso Buco
 3 T. olive oil
 Kosher salt and freshly ground black pepper
 2 large onions, peeled and diced large
 6 ripe plum tomatoes, quartered and seeded
 10 cloves garlic, minced or pressed
 2 cups dry white wine
 1 cup chicken stock or veal stock if you have it

For the Power Pack:

2 tsp. minced garlic
 2 tsp. finely grated orange zest
 1 tsp. finely grated lemon zest
 1/3 cup roughly chopped fresh Italian parsley
 1/3 cup roughly chopped salted pistachios

Preheat the oven to 300°. Season the shanks generously with salt and pepper. In a 5-inch deep Dutch oven or other heavy pot with a lid, heat the oil over medium-high until very hot but not smoking. Add the shanks to the pot in a single layer and cook until well browned on all sides, about 15 minutes. Transfer the shanks to a platter as they are done.

Pour off all but about 3 tablespoons of oil, add the onions and cook, stirring occasionally, until golden brown, about 11 minutes. Add the tomatoes and garlic and cook stirring for 5 minutes more. Pour in the wine and bring to a simmer, scraping the brown crusty stuff at the bottom of the pan for flavor. Put the veal back in the pot and add enough stock to bring the liquid halfway up the sides of the shanks. Bring to a simmer, skim any scum off the surface, cover the pot and put in the oven. Cook until the meat is tender and comes easily off the bone, about 2 hours.

While the shanks are cooking, combine the power pack ingredients in a small bowl, mix well, cover and refrigerate until serving time. When the shanks have been cooking for about an hour and half, start the risotto. We make a relatively plain risotto with onions, Parmesan, and a bit of saffron. In fall you may add some pumpkin or other winter squash, peeled, seeded, and diced small.

When the shanks are done, remove them from the pot, cover loosely with foil and set aside. Skim the fat from the cooking liquid. Season with salt and pepper and reduce. If you like a smooth sauce, you can process it or use your Braun handmixer, but be careful because it will be very hot. To serve, place a serving of risotto on each plate, top with shank, add sauce and sprinkle with the power pack.

VEAL SALTIMBOCCA ALLA ROMANA



Note: This is an easy way to make a delicious, elegant dinner in about 30 minutes. It is one of our “go-to” meals to make.

8 veal scallops, cut from the leg or top round, weighing about 3 oz. each

Flour for coating

6 T. butter

Kosher salt and freshly ground pepper

8 thin slices Prosciutto ham

8 thin slices Swiss, provolone or Italian fontina cheese

8 fresh sage leaves

3 T. Marsala wine

3 T. chicken broth

Preheat the oven to 450°. Pound the veal pieces with a meat pounder until they are about ½-inch thick. Sprinkle each with a bit of salt and dredge them in flour immediately before you sauté them. Melt the butter in a large skillet, and when foaming, add the veal. Brown on both sides until they are just about cooked through.

Arrange them side by side in a greased oblong casserole dish. Cover each scallop with a sage leaf, a piece of ham and top with cheese. Deglaze the pan, adding the Marsala and chicken broth to the buttery juices in the pan. Season with pepper. Bring to a quick boil but don't reduce it. Spoon the sauce around the scallops. Place in the oven for about 5 minutes until the cheese is thoroughly melted and bubbly. Serve hot with your favorite pasta dish or roasted potatoes. Serves 4.

