

# Herb Roasted Loin of Veal, Layered Confit Potatoes with Braised Veal, Creamy Salsify, Pan Seared Sweet Bread and Parsnip Chips

*\*Winner of the Le Québécois Grain-fed Veal 2008 Recipe Contest*

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For 4 pax

Herb Roasted Loin of Veal

QT: Unit: Ingredients:

32 oz Le Québécois Grain-fed Veal Loin

1 tbs Chopped Parsley

1 tbs Chopped Chive

0,5 tbs Chopped Thyme

2 tbs Fresh Butter

Salt and Pepper

Olive Oil

Preparation:

~Cut the veal into 8oz portions

~Chop all the herbs really fine

~Pan fry the veal medallions in olive oil to your liking

~Finish them with fresh butter remove from pan and roll it in the fresh chopped herbs

Layered Potatoes with Braised Veal



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#### For Potatoes

QT: Unit: Ingredients:

4 pc Large Idaho Potatoes  
1 lbs Clarified Butter  
0,5 pc Fresh Garlic  
2 pc Thyme Spring  
1 pc Bay Leaf  
0.5 cup Chicken stock  
Salt, Pepper

#### Braised Veal

QT: Unit: Ingredients:

2 pc Le Québécois Grain-fed Veal Osso Bucco  
0.5 pc Carrot  
1 pc Celery stick  
1 pc small Spanish Onion  
1 Thyme Spring  
1 qt Brown Veal Stock  
1 ts Tomato Paste  
0.5 pc Green Garden Leek  
1 cup Red Wine

#### Preparation Braised Veal

~Pan Sear the Osso Bucco  
~Add the mire poix and roast it with the Osso Bucco until light brown  
~Add the tomato paste and let it caramelize  
~Deglaze with the red wine and reduce by half  
~Fill up brown veal stock, bring to boil and the herbs  
~Cover the pan and braise in the oven at 325 degrees til nice and tender  
~Cool down in the braising liquid so all the flavor stays in the meat and is not drying out  
~Once cold, remove the osso bucco from the liquid and remove fat and bone, flake the meat into small pieces  
~Add 2 tsp of the braising liquid

#### Preparation Confit Potatoes

~Heat the butter with all the ingredients to 212 degrees  
~Peel the potatoes and cut it into 1/4 discs  
~Simmer the sliced potatoes in the butter really gently until they are cooked to 3/4  
~Once cooked, remove from butter and sear in hot pan for some color  
~Then layer 3 Slices of potatoes and braised veal on top of each other and reheat in the oven at 350 degrees  
~Strain the braising liquid through a fine strainer and reduce and use it as the Sauce

#### Creamy Salsify with Pan Fried Sweet Bread

QT: Unit: Ingredients:

1 lbs Fresh Salsify  
1 oz Flour  
1 pc Lemon  
1 pc Bay leaf  
1 pc Thyme Spring  
1 qt Vegetable stock  
1 tbs Fresh Chopped Parsley  
1 pc Le Québécois Grain-fed Veal Cooked Sweetbread  
1 tsp Whipped Creme



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#### Preparation

- ~Peel the salsify and put them right away in lemon water to avoid turning black
- ~Mix the flour with vegetable stock and bring to boil
- ~Add the lemon, bay leaf, thyme and salt
- ~Cook the salsify in the liquid till tender
- ~Strain and keep some liquid to reheat
- ~Finish with some fresh butter and chopped parsley and whipped creme
- ~Slice the cooked sweetbreads into medallions and season with salt and pepper
- ~Turn them in flour and pan sear them until golden brown in hot pan

#### Parsnip Crisp

QT: Unit: Ingredients:

- 1 pc Large Parsnip
- 1 cup Milk
- Fleur de Sel
- Truffle Oil

#### Preparation

- ~peel the parsnips
- ~Slice them really fine
- ~Soak it in milk for about an hour
- ~Dry and fry them in 325 degree hot oil
- ~Finish with fleur de sel and a little truffle oil

#### Assembly of the Plate

- ~Place the herb roasted veal medallion on top of the confit potatoes and garnish it with the truffle parsnip chips
- ~Arrange the creamy salsify on the plate with pan seared sweet bread on top and sprinkle it with some fleur de sel
- ~Use the reduced braising liquid as the sauce

#### Wine Pairing: Nebbiolo

A Northern Italian nebbiolo-based red, such as Barbaresco, will pair beautifully with this dish: nebbiolo has enough tannin structure to handle the protein-rich veal as well as lively acidity, which will help to counter the richness of the confit potatoes and sweet breads. Nebbiolo's inherent earthy aromas and flavors will complement the salsify and parsnip chips.



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