

“Techniques in Veal” - Spring Braise en croûte, Saute & Crepenette

**Finalist in the Le Québécois Grain-fed Veal 2008 Recipe Contest*



by Dean A. Thomas, Executive Chef
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Yield: 8 Servings

INGREDIENTS

Spring Braise en croûte

- 1.5 lbs Le Québécois Grain-fed Veal Breast; sinew removed and cut into 3oz. strips
- 3 oz. Butter, clarified
- 2 qts. White veal stock
- 1 each Onion Piqué of clove and bay leaf
- 1 each Leek, white part only, large dice
- 4 stems Parsley
- 2 sprigs English Thyme
- ½ cup Carrot, spring small, sliced ¼-inch
- ½ cup Turnip, small dice
- 2 dozen White pearl onions, peeled with nub attached
- 1 oz. Butter, clarified
- 3 oz. A.P. Flour
- 3 oz. Whole Butter
- 6 oz. White Mushroom trimmings, course chopped
- 4 oz. Heavy Cream
- To taste Sea Salt & White Pepper
- 8 each Puff Pastry Dough, 4-inch rounds with egg wash



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Veal-Morel Crepenette

1 cup Swiss chard, greens only, stem removed, cut chiffonade, sauté-chill
1 cup Morel Mushrooms, sliced, sautéed
1 cup White Onion, cut into strips, caramelized, chilled
1 tsp. Garlic clove, germ removed, minced
2 oz. Butter, clarified
1 lb. Le Québécois Grain-fed Veal Breast, trimmed of sinew, diced in large cubes @ 32F degrees
1 tsp. Sea Salt
Pinch Smoked Paprika
Pinch Crushed Red Pepper 1/8 tsp. Quebec Maple Sugar
¼ tsp. Parsley
1/8 tsp. Thyme
1/8 tsp. Harissa paste
1 TBS. Water
½ LB. Caul Fat to wrap forcemeat into timbale form
4 heads Belgium Endive, quartered, braised in white veal stock above
2 each Winesap Apples, peeled and cored, cut into eighths and braised with endive

Veal Loin & Liver, Apple Cider Liqueur-Mustard Pan Sauce

8-1oz. Le Québécois Grain-fed Veal Liver, trimmed, sliced thick in a diameter smaller than the loin medallion
1oz. Butter clarified
8-3 oz. Le Québécois Grain-fed Veal Loin Medallions, trimmed, slightly pounded
1 oz Butter, clarified
½ cup Seasoned flour for dredging
4oz. “Neige”, an Apple Cider Liqueur product from Quebec
2 oz. Dijon Mustard
1 TB. Fresh Lemon juice
3 oz. Reduced Veal Demi-Glace
2 tsp. Flat Leaf Parsley, finely chopped
2 TB. Whole Butter

METHOD OF PREPARATION

Spring Braise en Croûte

Using a Dutch oven, begin by sautéing the Le Québécois Grain-fed Veal in the clarified butter lightly, controlling the heat not to brown the veal. Add the white veal stock, onion piqué, leek, parsley and thyme. Cover and slowly braise for approximately 45 minutes until veal is tender. Remove the veal from the liquid, reserve and strain liquid.

Place the veal into individual 8 oz. copper saucepans or earthenware presentation dishes; reserve. Using the Dutch oven, lightly sauté the carrot, turnip and pearl onions in the butter, not to brown in color. Add the white veal stock once again and simmer until vegetables are slightly tender. Strain vegetables from liquid and place into the individual serving dishes with the veal. Continue to simmer the white veal stock, slowly reducing.

In a separate saucepot, prepare and cook the white roux. Liaison the stock and the roux, adding white mushroom trimmings and the heavy cream. Simmer for 15-20 minutes. Fine strain the veloute sauce over braised veal and vegetables into the individual serving dishes; allow to cool for 15 minutes. Brush the outer edge of the oven dish with egg wash and place the circle round of puff dough over the dish. Trim edges, brush with egg wash and scrape lightly in a crosshatch pattern with a fork for a baked on design. Bake at 350F degrees for 45 minutes for service.



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Crepenette

Quickly sauté the Swiss chard in a small amount of butter; remove from pan and cool in a large stainless steel mixing bowl. Continue sautéing the morel mushrooms in butter to remove any liquid; add to the Swiss chard bowl to cool. Sauté the onion strips in the remaining butter, stir often and allow the onions to caramelize until sweet and dark in color. At the end, add the minced garlic and sweat for 1-2 minutes. Add to the chard-morel mix and cool.

In a cold stainless steel mixing bowl, add the veal and toss with sea salt, paprika, red pepper flakes, Quebec maple sugar, parsley, thyme and harissa paste. Using a grinder with a ¼" dye blade, grind the veal mixture twice through the grinder. Add mixture to the sautéed chard, morels and onion; add the tablespoon of water and mix thoroughly to bind together.

Layout the caul fat over a small four-ounce timbale; stuff with crepenette mixture and wrap up the caul fat to seal trimming off excess. Remove from timbale and mold slightly into shape. Sauté until caramelized and golden brown, reserve for complete carry over temperature to medium doneness. Serve with quartered Belgium endive spears braise in white veal stock. Season with salt & pepper.

Sauté

Using a preheated, 14-inch sauté pan, quickly sear the veal liver medallions on each side in clarified butter, leaving medium rare in temperature. Remove from pan; reserve in warm dish. Dredge the veal loin medallions in the seasoned flour; using the clarified butter sear golden brown on each side turning only once. Remove; reserve in warm dish. Deglaze the pan with "Neige". Add dijon mustard, lemon juice, demi glace and reduce for 3-4 minutes. Reduce heat. Replace the veal medallions into the sauce; add parsley and finish with butter to shine and richen the final touch.

FOR PRESENTATION AND SERVICE

On a warm rectangle service plate, place the Spring Braise en croûte on the left. For the Sauté, center the veal loin topped with the liver medallion and sauce. To the right, place the braised endive spears and winesap apple wedges; top with the crepenette.

Wine Pairing: Merlot, Bordeaux & Tempranillo
Because a flight of veal calls for a flight of wine

For the Spring Braise en croûte: Merlot

Well-made merlot will have the structure to hold up to the veal and the richness to match that of the preparation. We want the velvety, ripe red and black cherry, raspberry and cassis flavors to match richness plus some bright acidity to cut through the richness.

For the Saute: Red Bordeaux or New World Bordeaux blend

This preparation calls for a wine with depth. The buttery saute and the demi-glace ramp the richness of the veal up a notch (or three!). This is a great application for Cabernet Sauvignon, though the Cabernet by itself may struggle to keep up. The beauty of well-made Bordeaux blends is that they combine the power and depth of Cabernet with varieties such as Cabernet Franc and Merlot, which can give Cabernet Sauvignon the necessary lift and brightness.

For the Crepenette: Tempranillo

With this dish the main consideration, in addition to the richness of the crepenette preparation, is the harissa. Tempranillo tends to show spicy, red berry-driven flavors and aromas, which works well with the harissa and will often show a smoky tobacco note.



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