



LE QUÉBÉCOIS[®]

Québec Certified Grain-fed Veal

- No Added Growth Hormones • No Added Antibiotics •
- Humanely Raised • Fed Natural* Diet •

* minimally processed. No Artificial Ingredients

The Natural Color of Veal

⇒ COOKING GUIDE ⇐

Content

	<i>Page #</i>
Cooking Techniques	1
How is Grain-fed Veal Different than pale veal	2
6-bone Chop-Ready Racks, Brisket Points, Veal Stew	3
Osso Bucco, Porterhouse Chops / Block-ready Loin	4
Boneless Striploin, Tenderloin, Veal Cutlets	5
Bone-in Short Ribs, Hanging Tender, Skirt Steak, Flank Steak, Chuck Tender, Boneless Veal Breast	6
Liver, Brains, Sweetbreads, Bones	7

Cooking Techniques

- **Roasting:** Roast tender cuts. When roasting, always roast to 5-10 degrees less than your desired temperature. The meat will keep cooking as it rests. Roast tenderloins at 425 degrees, all other cuts at 325-350 degrees.
- **Broiling:** Match the outside temperature with the desired inside temperature. Broil within 2-3 inches for thin cuts (approx. 1 inch thick) and within 3-4 inches for thicker cuts.
- **Grilling:** Grill tender cuts on a hot, clean, oiled grill, but not over direct flames. Don't finish thick cuts on the grill. Mark them, then finish in the oven.
- **Sauteing / Pan Searing:** Use oil with a high smoke point and start with high heat, finishing with a lower temperature if the cut is thin. Always finish thick cuts in the oven.
- **Braising:** Brown the meat first, then cook in a small amount of liquid for several hours in a covered rondeau pot in the oven. Braising is essentially steaming and simmering combined, and is great for making fall-off-the-bone dishes from less tender cuts.
- **Stewing:** Similar to braising, but the meat is in smaller pieces, completely submerged in liquid, and cooked for less time.



General Technique Do's

- Always let meat rest. Let larger cuts rest for 8-10 minutes to preserve juices. If you cut into the meat immediately, it will lose its natural juices.
- Store meat between 28-32 degrees
- When slicing, cut against the grain
- Cook to internal temperatures of 160°F for well done, 150°F for medium and 140°F for medium-rare

General Technique Don'ts

- Don't cook from a frozen state
- Don't use olive oil for searing because it has a low smoke point. Use olive oil for seasoning only.
- Don't use a microwave to thaw
- Don't use heat to thaw; use a refrigerator for 24 hours or cold running water for a couple hours.

Your Company Info Here

The Natural Color of Veal
www.grainveal.com

How is Grain-fed Veal Different than pale veal?

Le Québécois Means Flavor

Grain has iron. Iron gives meat flavor. Grain-fed calves eat grain. Pale Veal calves don't eat grain; most drink milk-replacer formula that is intentionally engineered to be low in iron so the meat color is pale.

What this means is that Le Québécois grain-fed veal has great flavor that stands on its own and doesn't have to be heavily sauced like pale veal. It's a win-win because you can serve tastier meat and keep your food costs down by using less sauce.

Le Québécois is Naturally Rose-colored AND More Tender

Forget the myth, created by a successful marketing campaign in the 70s, that veal has to be pale to be tender. Before that, all veal was rose colored because it naturally had iron in its diet. Color has NOTHING to do with tenderness. It just means that there's iron in the meat, which is a healthy thing.



Le Québécois needs to be cooked differently

Le Québécois cooks differently. Chefs should make small adjustments to their techniques to cook grain-fed veal properly. Here are some basic rules:

- 1) Never overcook. Cook most cuts to 140 – 150 degrees internal temperature for medium-rare to medium.
- 2) Use less sauce. Le Québécois has great flavor.
- 3) Don't cut raw portions thicker than 2 inches. 1 ½ inch thickness is perfect for chops.
- 4) Sear or grill thick cuts first to lock in flavor and juices, then finish in the oven.



Le Québécois Cuts are Larger

Grain-fed calves are raised in group corrals where they can move around, unlike pale-veal calves, most of which are raised in individual crates where their movement is limited to sitting down and standing up in place. Since grain-fed calves can move around, their muscles develop to be larger than pale-veal calves. It also leads to a moister textured meat.

Grain-fed calves are raised very differently

But, that is not the subject of this application guide. Please visit www.grainveal.com for more information.



Your Company Info Here

The Natural Color of Veal
www.grainveal.com

Osso Bucco

Osso Bucco is most commonly braised for 2-4 hours, depending on thickness, until the meat is fork tender and falling off the bone. Osso Bucco is cut from either the hindshank or foreshank and ordered by the cut thickness. Osso Bucco is available frozen in a variety of sizes depending on your application. The most popular food service cut is the 2" hindshank cut.

How to Choose between hind/fore and sizes of each

In terms of flavor, texture and tenderness, hindshank and foreshank osso bucco are identical. There are three main factors when Le Québécois customers choose what kind of osso bucco to use: height, plate coverage and price. If a taller profile is desired, a thicker foreshank (say, 2.5") can be used to generate the same yield as a shorter hindshank slice (say, 1.5"). Foreshanks are less expensive because there is a lower meat-bone ratio.

Consistent Sizing

All Le Québécois osso bucco is center cut, facilitating greater consistency than most osso bucco products. The remainder of the shank is used to produce shank meat or osso bucco end slices.



Porterhouse Chops / Block-ready Loin

Porterhouse chops are cut from the block ready loin, which is the short loin with the fat and chine bone removed, and most of the tenderloin muscle remaining. If you have a bandsaw, you can buy a block-ready loin and cut your own chops. Or, you can purchase 16oz. porterhouse chops portion-controlled and individually vacuum sealed. If you cut your own, we recommend a thickness of 1 1/2 inches, but not much thicker, in order to yield a juicy chop.



The porterhouse chop is similar to the t-bone: a long bone running through the middle with the tenderloin on one side and the strip loin on the other. The tenderloin is the most tender cut and the strip loin has a great texture and mouthfeel.

Similar to the rib chop, season with olive oil, kosher salt and coarse pepper. Use high heat and hot oil to pan sear the strip side of the chop first (i.e. stand the chop on its side and give the strip side a head start because the tenderloin side needs less cooking time). Then, sear both sides of the chop to a golden brown. Finally, finish in the oven at 350-375 degrees to desired internal temperature. Let the meat rest and lightly sauce to allow the veal's natural flavor to show through. High heat grilling and broiling are other options, but not as recommended.

6-Bone Chop-Ready Racks

"Chop-ready" means that the rack is ready to cut into six chops with no waste (after a quick frenching, if that is desired). 6-Bone Racks come in three sizes:

<i>Rack Size</i>	<i>Yield</i>
5 - 5.75 lbs.	Six 12-14 oz. Chops
5.75 - 6.5 lbs.	Six 14-16 oz. Chops
6.5 lbs. +	Six 16 oz. or heavier chops



Chop Applications

Season both sides of the chop with olive oil, kosher salt and coarse pepper. Use high heat to pan sear or grill both sides of the chop to a golden brown. Then finish in the oven at 350-375 degrees to desired internal temperature. Sauce lightly to avoid smothering the meat's natural flavor.

Whole Rack Applications

Frenched or unfrenched racks can be roasted whole. Simply rub with olive oil, kosher salt and coarse pepper, and roast to desired internal temperature. Once finished, treat like prime rib: Let rest for 8-10 minutes so the meat holds its juices. Then, carve.

Your Company Info Here

The Natural Color of Veal
www.grainveal.com

Boneless Striploin

Boneless striploins are ready for portioning into chops, medallions or cutlets once you remove the silver skin and external connective tissue. Striploins should be cut up to 2 inches in thickness, but never thicker. Pan sear both sides to a golden brown and finish in the oven to desired internal temperature. High heat grilling and broiling are also optional. The striploin may also be roasted whole. Roast to desired internal temperature, let rest for 8-10 minutes, then carve.



Tenderloin (Whole, Butt or Short)

The tenderloin is the most tender cut and is full of flavor. The whole tenderloin (about 3 lbs) has two sections: the short tenderloin (weighs 1-1.5 lbs) and the butt tenderloin (weighs 1.5-2 lbs). The whole tender has the side muscle attached. All surface fat is removed at the packer level, but the silver skin remains. From the tenderloin, you can cut medallions (up to 1 inch), petite fillets (up to 2 inches) or you can roast the tenderloin whole. Pan sear, sauté, grill, broil, roast, or stir fry the medallions and petite fillets. To roast whole: butterfly lengthwise, stuff, and roast to medium-rare to medium.

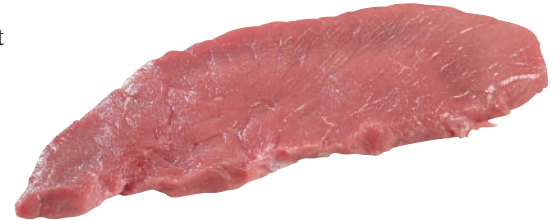


Veal Cutlets

Veal cutlets can be made from nearly any solid muscle, but are typically sliced from either the Cap-Off Top Round or the Boneless Leg [(BHS) Bottom/ Hip / Sirloin)]. The top round is the most tender muscle for slicing. The leg has a lower food cost, but is more labor intensive because the main muscles must first be separated. Some chefs prefer to slice their own cutlets because they can cut them to their exact specifications, but pre-sliced cutlets save on labor costs and permits easier food costing and inventory control.

Slicing / Tenderizing recommendations:

Cut ¼ thick slices (thinness is key) against the grain to yield 1/8 inch thick slices after pounding. Place slices between 2 pieces of plastic wrap or parchment paper and lightly pound with the back side of a small omelet pan or the non-ridged side of a meat mallet. Using a blunt surface prevents tearing and permits the cutlet to hold its shape.



A staple on many French and Italian menus, cutlets are often dredged in seasoned flour then pan sautéed in hot oil (use canola, peanut or clarified butter, but not olive oil) to around 160 degrees internal temperature (approx 2-4 minutes per side depending on cutlet thickness). Saucing depends on your menu. Keep in mind that the seasoned flour coating is important because it renders a golden brown color, thickens the sauce and adds a nice coating texture to the cutlet.

Veal Stew

Veal stew meat is small cubed pieces from the neck and shoulder area of the fore quarter.

Season veal with kosher salt and coarse pepper and sear in hot oil. Remove meat from pan and add small-cut mire poix and finely chopped garlic. After this is thoroughly sweated, add a little tomato paste and mix well with mire poix. Return veal to pot and cover meat completely with browned veal stock.

Cover tightly and simmer until fork tender. Adjust seasoning with salt and pepper. Use a small cornstarch slurry (minimal amount of cold water with corn starch mixed together and dissolved separately from the pot and then slowly stirred in) to thicken liquid.



Bone-in Short ribs

Short-ribs are cut in a rectangular shape containing rib bones from the forequarter. To braise, first sear the short ribs on each side until golden brown in a small amount of oil with a high smoke point. Remove meat from pot. Add mire poix and sauté for 5 minutes; return short ribs to pot on top of mire poix; and add stock so the meat is $\frac{3}{4}$ submerged. Bring to simmer, then cover with a tight-fitting lid and put in oven at 350-375 degrees for two hours or until fork tender.

Hanging Tender

The hanging tender (hanger) is the diaphragm muscle. It is known for having an intense flavor. First, marinate in 3 parts olive oil to 1 part acid (wine, vinegar, lemon or lime), and fresh herbs, kosher salt and fresh cracked pepper. Second, pan sear. Finally, use dry heat like broiling or grilling. Let rest.

Skirt Steak

This cut is part of the diaphragm muscle that lies between the chest and the abdomen. It is a flat, long piece of meat that is very flavorful, but can be tough if it is not marinated or not properly cooked. For a delicious, tender skirt steak: First, marinate in 3 parts olive oil to 1 part acid (wine, vinegar, lemon or lime), and fresh herbs, kosher salt and fresh cracked pepper. Then, on very high-heat; grill, sauté, stir-fry or sear. Serve.

Flank Steak

The whole flank is long and thin with elongated muscle fibers. Remove visible fat and silver skin, then marinate in 3 parts olive oil to 1 part acid (wine, vinegar, lemon or lime), and fresh herbs, kosher salt and fresh cracked pepper. Next, grill or broil on high heat and do not cook beyond medium-rare, in order to preserve tenderness. Let the meat rest, then slice thin strips against the grain.

Chuck Tender “Shoulder Royale”

Trim a pound of chuck tender (only 10% waste!!) and pound it down “scaloppini style”. Make 3 slices for each portion. Flour up the scaloppini and quickly sauté them in hot olive oil. Make a tower by alternating layers of scaloppini and grilled vegetables. Put a slice of smoked provola on top and put them in the oven until warm. Pour a spoonful of demi-glace on top.

Boneless Veal Breast

The Boneless veal breast has a low food cost and is great for a buffet, carving station or banquet. It is a dry cut, but if you follow a few simple steps, you can serve a juicy portion.

Start a day ahead by brining for 4-6 hours in a simple solution of water and equal parts kosher salt and brown sugar. Remove from brine and pat dry. Then marinate overnight. Roast whole at 375-400 degrees or braise to an internal temperature of 170 degrees. Let rest, slice and use a warm sauce like a true veal demi-glace.

Brisket Points

Brisket points are cut from the boneless breast or whole brisket and are trimmed of visible fat.

Season veal with kosher salt and coarse pepper and sear in hot oil. Remove meat from pan and add small-cut mire poix and finely chopped garlic. After this is thoroughly sweated, add a little tomato paste and mix well with mire poix. Return veal to pot and cover with browned veal stock. Cover only $\frac{3}{4}$ of the meat.

Cover tightly and simmer until fork tender. Adjust seasoning with salt and pepper. Use a small cornstarch slurry (minimal amount of cold water with corn starch mixed together and dissolved separately from the pot and then slowly stirred in) to thicken liquid.

Liver

Liver is rich in iron and protein. Each weighs 10-12 lbs. Chefs prefer Le Québécois livers because there are no added hormones or sub-therapeutic antibiotics. Liver is pinkish brown, very tender, and has a mild odor and flavor. Cut livers into 1/4 to 1/8 inch slices, then pan sauté, braise or broil.

Brains

Brains are pinkish-white, extremely tender, delicately flavored, and savored in many traditional European cuisines. Wash thoroughly, then blanch in simmering water for about 20 minutes with a small amount of acid such as lemon juice to make them firmer. Remove outer membrane, then sauté or pan broil.

Sweetbreads

Sweetbreads are the thymus gland. Lightly poach for 15 minutes to tenderize, promote longer shelf-life and enable easy removal of the outer membrane. Most chefs sear the sweetbread to finish the cooking process.

Bones

Make All Natural stock with Le Québécois bones. They are packed in 30 lb. cases, which is more appropriate for independent food service operators. An All Natural stock can be made from mixed or marrow bones, but marrow bones are recommended because the high amount of marrow flavors and thickens the stock.

Marrow Bones

Marrow bones are a combination of the shank, femur, & humerus bones, cut in sections with exposed marrow at one or more end.

Mixed Bones

Mixed bones are a variety of non-leg bones with little marrow content, cut into sections.

To Make Veal Stock

To make 1 gallon of veal stock, combine 10 lbs. of veal bones (roasted and browned beforehand in an oven for a darker stock), 1 lb. of mire poix, and two gallons of water in a stock pot. Bring to boil. Skim periodically and simmer for 6 hours. Strain.

Glace and Demi-Glace

To make glace, reduce stock by half. To make demi-glace, reduce again by half.

