

QMS

VEAL

Interest in veal has been growing with consumers accustomed to seeing veal dishes in restaurants and in the media. Veal is an important part of Scots' gastronomic heritage but it's only recently that we've re-discovered the possibilities.

With a discreet flavour, veal is generally more tender than meat from older animals. Like beef, veal can be eaten as a simple steak or roast but its texture and taste allows a greater flexibility in the kitchen and deserves more consideration.

The QMS Quality Assurance Scheme was initially developed to protect older animals for the production of beef, but the Scheme also applies to rosé veal from younger animals. The Quality Assurance Scheme offers guarantees to the consumer, such as a higher level of animal welfare. Carcasses are also specially selected providing high quality meat from farms and processors that are regularly and independently inspected.

Developed alongside Scott Lyall, from Adam Smith College, we're delighted to offer you some inspirational veal recipes.



Veal Cutlet with Herb Dressing

Serves 4

INGREDIENTS

4 x 300g veal cutlets

Zest of 1 lemon

30ml olive oil

1 clove garlic, bashed

2 sprigs each rosemary, thyme and oregano

Oil for cooking

Seasoning

FOR THE HERB DRESSING

6tbsp olive oil

3tbsp water

Juice of 1 lemon

1 clove garlic, crushed

*1tbsp of each chopped oregano, parsley, mint,
celery leaf*

4tsp baby capers

Seasoning

METHOD

Place all the ingredients in a bowl then add the veal cutlets and mix until well coated in the marinade, cover with clingfilm and place in the fridge for at least an hour, overnight would be ideal.

Put a frying pan on to heat then add a little oil, place the cutlets in the pan (don't worry if some of the marinade ingredients go in the pan as well) cook until browned on each side then place the pan in the oven to finish cooking for 8/10min.

HERB DRESSING

Whiz the water oil and lemon juice in a blender, mix in the garlic and herbs along with the baby capers, season to taste with salt and pepper.

When the cutlets are cooked spoon over the herb dressing, buttered noodles would eat well with the veal cutlets and herb dressing.

The marinated cutlets would taste great cooked on the barbecue too.

Osso Bucco

Serves 4

INGREDIENTS

4 x 5cm thick cut veal osso bucco / shank

1 medium carrot 1cm diced

1 medium onion 1cm diced

1 stick celery 1cm diced

2 cloves garlic, bashed

2 large bay leaves

2 sprigs thyme

1 x 400g tin chopped tomatoes

150ml chicken stock

150ml white wine

Flour for dusting

Oil for frying

Seasoning

GREMOLATA

2tbsp finely chopped flat leaf parsley

1tbsp finely shredded lemon peel

1 clove garlic crushed

BAKED RISOTTO

180g arborio rice

20g butter

1 onion finely chopped

650ml chicken stock

Good pinch saffron threads

salt

METHOD

Heat a frying pan and add a little oil, when hot dust the osso bucco lightly in flour, place in the pan and brown on both sides then remove.

In the same pan add the diced vegetables, garlic and herbs and cook without colouring for 2/3min.

Add the wine and stock and bring to the boil then add the chopped tomatoes, season with salt and black pepper.

Choose a dish that will hold the osso bucco snugly, place them in the dish then pour over the sauce and cover tightly with kitchen foil and place in the oven at 170°C for approximately 1hr 30min to 2hr, the meat should fall from the bone when ready.

For the gremolata, simply mix all the ingredients together.

BAKED RISOTTO

In an ovenproof dish heat the oil on top of the stove add the butter, onion and saffron and cook gently for 5/6min.

Add the rice, season and cook for 1min then add the stock and bring to the boil.

Cover with a tight fitting lid or clingfilm and kitchen foil and place in the oven at 200°C for 30min until the rice is cooked but retains a slight bite (al dente).

Carefully remove the osso bucco from the dish and reduce the cooking liquid until a sauce like consistency is achieved, heat the osso bucco in the sauce and serve sprinkled with gremolata and accompanied with baked risotto.

Simple Veal Saute with Rosti

Serves 4

INGREDIENTS

400g thinly sliced veal fillet

*300g thinly sliced veal liver**

2 medium shallots finely chopped

150g button mushrooms sliced

80g butter

100ml white wine

250ml cream

Lemon zest thinly sliced

Chopped parsley for garnish

Seasoning

METHOD

Add half the butter to a hot pan and add the thinly sliced veal fillet and saute quickly then remove with a slotted spoon and keep warm.

Add the remaining butter and cook the liver in the same way, remove and add to the veal fillet.

In the same pan sweat the shallots and mushrooms without colouring, add the wine and allow to reduce by half, then add the cream and bring back to the boil then turn to a gentle simmer.

Season and add the cooked meats back into the sauce to reheat.

ROSTI

Steam or boil approximately 650g of large potatoes in their skins, allow to cool slightly, peel and grate on the large side of a grater.

In a frying pan saute 100g of finely diced onion and 100g finely diced pancetta until the onions are translucent, mix with the grated potatoes and season.

In a non stick frying pan heat a little oil, spread a 2cm thick layer of the rosti mix over the base of the pan and flatten with a spatula into a pancake shape.

Cook until golden brown then turn over and cook the remaining side golden brown.

Turn on to a plate and cut into portions.

Serve the saute veal sprinkled with the lemon zest and chopped parsley, a potato rosti and a crisp green salad.

* if you can't find veal liver use beef liver

Blanquette of Veal with Rice Pilaff

Serves 4

INGREDIENTS

1½kg flank of veal cut in 4cm dice

½ onion studded with 3 cloves

1 stick celery

1 medium carrot

2 sprigs each thyme and rosemary

2 large bay leaves

2 large egg yolks

250ml crème fraîche

Seasoning

RICE PILAFF

50g butter

50g onion diced

100g rice

200ml chicken stock

Seasoning

METHOD

Place the diced veal in a pan, cover with cold water and bring to the boil.

Skim off any surface impurities and add the studded onion along with a bouquet garni made by tying the celery, carrot and herbs together with string.

Turn the heat down to a simmer and add some salt, allow to simmer for approximately 1hr 30min or until the veal is tender.

Once the veal is cooked strain the cooking liquid and reserve, discard the bouquet garni and studded onion.

Return the reserved cooking liquid to a pan and put on a high heat to reduce until less than half the original amount remains.

In a small bowl mix the egg yolks and crème fraîche until smooth, take the boiling liquid off the heat and whisk in the mixed yolks and crème fraîche.

Add the cooked veal to the sauce and put back on a low heat season and stir until the sauce thickens enough to coat the veal, do not allow the sauce to boil at this stage or the sauce will curdle.

RICE PILAFF

Melt the butter in a pan add the onion and cook without colouring 2min then add the rice and cook gantly again for 2min.

Add the stock and season, cover with a buttered paper and bring to the boil

Place in the oven at 200°C for 15min until the rice is tender.

Serve the veal with rice pilaff.

Escalope of Veal with Ham and Gruyere

Serves 4

INGREDIENTS

8 x 80/90g escalopes of veal cut from the topside

4 x 25g slices of ham

140g sliced gruyere cheese

1tbsp chopped parsley

1 lemon cut in wedges

Flour, egg wash and breadcrumbs for coating the escalopes

Oil for cooking

Seasoning

METHOD

Flatten the escalopes by *batting* between two sheets of clingfilm.

Lay 4 escalopes out on a clingfilmed surface, lay a slice of ham on each topped by a slice of gruyere then a sprinkling of parsley.

Lay the remaining escalopes on top and pat with your hands to seal, season with salt and pepper.

Coat the escalopes with the flour, egg wash and breadcrumbs then *reshape* with your hands.

Heat a frying pan and add some oil, make sure the oil is hot before adding the crumbed escalopes, cook until golden brown on each side then place in the oven for approximately 6min.

Serve with a wedge of lemon, watercress and rocket salad and spiced potato wedges.

Pot Roast of Veal with Fennel and Potato Crumble

Serves 4

INGREDIENTS

1kg veal silverside
1 carrot large dice
1 stick celery large dice
1 onion large dice
Sprig each thyme, rosemary, tarragon
2 large bay leaves
50g butter diced
1/2 lemon peel only
100ml red wine
Oil for cooking
Seasoning

FENNEL AND POTATO CRUMBLE

2 bulbs fennel
1 large potato approx. 400g peeled
1/2 grated zest lemon
200ml cream
3tbsp olive oil
2 large cloves garlic crushed
1tbsp thyme leaves
250g cherry tomatoes
1tsp flat leafed parsley chopped
50g grated parmesan cheese
50g grated cheddar cheese
100g plain flour
70g butter

METHOD

Heat a heavy based frying pan and add a little oil, place the veal in the pan and brown on all sides season with salt and pepper, add the veg and allow to brown with the veal.

Choose a casserole dish with a lid that will "just" hold the veal. Put the browned vegetables in the bottom of the casserole dish along with the herbs and lemon peel.

Place the veal on top of the vegetables and add the diced butter, cover with the lid or tin foil, place the casserole in the oven at 130°C for approximately 1hr 30min, basting the veal every 20min with the juices from the bottom of the casserole.

Once cooked remove the veal and keep warm, strain all the cooking juices into a pot and add the red wine, boil to reduce until the desired consistency is achieved, if a thicker consistency is required a little arrowroot can be used.

FENNEL AND POTATO CRUMBLE

Cut the stocks from the fennel then cut the fennel in half and remove the root, cut the fennel in 1.5cm slices.

Cut the potato into 1.5cm dice.

In a bowl mix the fennel, potato, garlic, thyme, lemon zest, parsley and olive oil, season with salt and pepper.

Grease a gratin dish with a little soft butter and add the fennel and potato mix, add the whole cherry tomatoes pushing them into the mix, pour over the cream.

Make a crumble by rubbing the flour and butter to a breadcrumb consistency then rub through the cheeses.

Put the crumble mix evenly over the top of the fennel potato mix and place in the oven at 130°C for 45min / 1hr or until the vegetables are tender, if the topping begins to brown to much during cooking then cover with tin foil.

Slice the veal and serve with the gravy and a spoonful of the fennel and potato crumble.

Sweetbread Escalopes

Serves 4

INGREDIENTS

4 pancreatic veal sweetbreads

1 medium carrot cut in half lengthways

1 stick celery cut in half lengthways

1/2 large onion cut in large dice

2 large bay leaves

2 sprigs thyme

1 whole cinnamon stick

2 whole star anise

200ml chicken stock

BERNAISE SAUCE

325g clarified butter

3 large egg yolks

3tbsp boiling water

15ml white wine or tarragon vinegar

Small bunch chopped tarragon

Pinch cayenne pepper

Fresh squeezed lemon juice

Salt and pepper

METHOD

Bring a pan of water to the boil and add the sweetbreads, bring back to the boil then remove from the heat and place under running cold water, when cooled remove the membrane from the sweetbreads with your fingers.

Place the remaining ingredients in an ovenproof dish and top with the sweetbreads cover with a lid or kitchen foil and cook in the oven at 180°C for 1hr.

When cooked remove the sweetbreads and press between two trays with a weight on top, allow to cool this way.

Once cool cut in thick slices and coat with the flour, egg wash and white breadcrumbs.

Fry the breaded sweetbread escalopes in oil in a hot pan until golden on each side.

BERNAISE SAUCE

Warm the jug of a blender with boiling water tip out and add egg yolks and the 3tbsp boiling water.

Cover centre with a tea towel and whiz for 30sec until yolks go light and fluffy.

Heat the clarified butter and when really hot and with the blender running pour in the hot butter in a steady stream and the butter will start to cook the eggs and they will thicken.

Keep the blender running and add the vinegar and season with salt, pepper, cayenne, tarragon and lemon juice, season to taste.

Serve the sweetbread escalopes with buttered spinach, steamed potatoes and the bearnaise sauce.
