

## Veal Cooking Tips

The most tender cuts of veal such as loin chops, sirloin cuts, rib and boneless loin roasts are best cooked with a dry heat such as roasting, cooked on a rotisserie, broiled, grilled or pan-fried. Less tender cuts such as veal shank, shoulder, fore shank and breast should be cooked slowly with a moist heat method such as braising, pot-roasting or stewing. For roasting, refer to the cooking chart (page 3) to select the appropriate cooking method for each cut.

### Barbequing/grilling:

Veal should be grilled over medium coals or medium-high gas heat, to prevent charring on the outer side before centre is cooked. Brush the grill with oil to prevent the veal from sticking, prior to placing it on the grill. Cook veal chops and kabobs to medium doneness (centre will be slightly pink). Avoid frequent turning of the meat. Veal cooked on the barbeque should be at least 3/4 of an inch thick for best results. Place veal on the grill and cook for 7 minutes, turn meat and cook for another 5 minutes to achieve medium rare results. Use tongs and not a fork to avoid piercing the meat and releasing the juices. Let the meat rest for 5 minutes after removing from the grill before enjoying.

Ground veal burgers and other recipes using ground veal must be cooked thoroughly. The juices should be clear and meat will be a brownish colour throughout with no pink showing. To avoid cross contamination, always place cooked meat on a clean serving plate.

### Rotisserie:

Veal roasts, [leg, loin, rib or sirloin] are best for rotisserie cooking. There are so many advantages to rotisserie cooking. Meats are usually more tender as they self-baste while slowly roasting. Although grilling is done over a relatively hot fire, rotisserie cooking requires far less heat.

Some items may be large and hence will get very close to the fire. When using a charcoal grill build the fire around the edges so no coals are directly underneath the meat. More coals will be required every 30 minutes to keep the fire stoked, until the meat has reached the desired internal temperature. When using a gas grill the burner should be kept on low during cooking. A drip pan placed directly under the food will catch all the great flavour drippings for gravy and avoid flare-ups.

Remember to place the meat in the middle of the skewer in a balanced and secure position and fasten as firmly as possible. Once the meat is secure, roll the skewer in the palms of your hands to make sure there is good balance, checking for a possible heavy side which may cause uneven cooking. Adjust for good balance.

When cooking with the rotisserie method, consult the roasting chart (page 3) as a guide for time, but use a meat thermometer to determine desired doneness.

### Marinating veal:

The most popular way to enhance the flavour of meat is with a marinade. Because veal is a naturally tender meat, marinating veal to tenderize is not required for grilling cuts and marinating to impart flavour requires as little as 30 minutes. Allow about 125 mL (1/2 cup) of marinade for every pound of meat.

### Braising:

In a large, heavy skillet or Dutch oven over medium-high heat, add a little oil (approx. 1 tbsp.) and brown the meat on all sides; spoon off drippings. Season meat and add a little liquid (1/4 cup) if needed. Less tender cuts may require more liquid. Cover the pan tightly to keep in the steam and simmer the meat over low heat or in a pre-heated 160 C (325 F) to 180 C (350 F) oven until fork-tender, (approximately 2 to 3 hours depending on the size).

### Broiling:

Two centimetre (3/4 inch) thick veal steaks and chops are best for broiling. Place the veal on the broiler pan rack, 10 cm (4 inches) from heat. Broil meat until top is browned then turn till done (approximately 3-5 minutes for each side for medium rare results). Season if desired.

## Roasting:

Pre-heat oven to 160 C (325 F). Prepare according to recipe. Place veal roast, fat side up, on a rack in a shallow roasting pan. Insert oven proof meat thermometer so tip is centered in thickest part. Do not add water or cover. Remove when thermometer reads 68 C (155 F) for medium, 74 C (165 F) for well. Let stand 15 minutes. Veal will continue to cook and temperature will continue to rise 3 C (5 F) to reach desired doneness and roast will be easier to carve.

## Guidelines for Roasting Veal:

Type of cut	Weight	Meat thermometer reading	Approximate cooking time (hours)	Oven temperature
Leg rump or round roast	2.3 kg to 3.7 kg (5 lbs. to 8 lbs.)	70 C to 77 C (160 F to 170 F)	2 to 3 1/4	160 C (325 F)
Loin roast	1.9 kg to 2.7 kg (4 lbs. to 6 lbs.)	70 C to 77 C (160 F to 170 F)	2 to 3	160 C (325 F)
Rib roast	1.4 kg to 2.3 kg (3 lbs. to 5 lbs.)	70 C to 77 C (160 F to 170 F)	1 3/4 to 3	160 C (325 F)
Shoulder roast, boneless	1.9 kg to 2.7 kg (4 lbs. to 6 lbs.)	70 C to 77 C (160 F to 170 F)	2 3/4 to 4	160 C (325 F)

Plan on 0.1 kg (1/4 lb) to 0.3 kg (1/3 lb) per serving when meat is boneless, or with bone, allow 0.3 kg to 0.2 kg (1/2 lb) per serving. If shoulder or breast piece allow 0.2 kg to 0.45 kg (1 lb) per serving. Plan to have extra servings available for hearty appetites or for leftovers.

## Skillet sauté/Pan-fry:

This method is commonly used for veal scaloppini. Heat a small amount of oil (approx. 1 tbsp.) in a skillet over medium-high heat until hot. Prepare veal according to recipe and place in a pre-heated skillet (do not overcrowd). Season if desired. Do not cover or add water. Turn once and continue cooking till done (approximately 3-4 minutes per side).

## Stewing:

Dust stewing veal on all sides with flour before browning as this will help retain the meat juices and thicken any liquid used. In a heavy saucepan over medium-high heat with a little oil (approx. 1 tbsp), brown veal pieces on all sides, a few at a time, removing them as they brown. When all veal pieces are browned, return them to the pan. For a light stew, omit flouring and browning. Add hot or cold liquid just enough to cover the meat. Season if desired, cover and simmer (do not boil) until the meat is fork-tender (approximately 2 hours). Time the addition of vegetables to the stew so the meat and the vegetables are ready to eat at the same time. When done, remove both meat and vegetables to a warm dish and keep hot. If desired, thicken the remaining liquid to make a gravy or sauce.

## Carving veal:

Allow roasted and grilled veal to rest before carving to retain its juices. Steaks may become dry and roasts may be tough and stringy.

## Suggested standing times:

- Steaks – wait 3 to 5 minutes.
- Roasts – wait 10 to 15 minutes, keep covered.

## Tips:

- Always use a sharp knife.
- Place roast or steak on a wooden cutting board to prevent slipping.
- For best results, carve meat into slices by cutting across the grain.

