

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

1 Prairie Street Kosher
Veal Tomahawk chop

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1 egg

1 cup of all-purpose flour

1 cup of breadcrumbs

6 cherry tomatoes halved

1 teaspoon thyme

1 teaspoon oregano

1 teaspoon sage
chopped

1 teaspoon paprika

1 teaspoon parsley
chopped

1 teaspoon mint chopped

1 cup of Dijon mustard

1 cup of mayo

Olive oil

Arugula

Lemon

Kosher salt

Freshly ground black
pepper

1

Set your 12" Cast Iron pan on grill or open fire grate.

2

Using a paper towel, pat dry your Veal Tomahawk Chop to remove any excess moisture. In a bowl season flour generously with Kosher salt, freshly ground black pepper and paprika. Separately, beat eggs and two tablespoons of mustard. Finally, season breadcrumbs with oregano, sage, mint. Use a "Dry, Wet, Dry" three-step breading process to coat the veal chop. Flour (dry) helps egg adhere, egg (wet) helps the breading adhere, and breading (Dry) sticks to egg and won't break off in the pan.

3

Add olive oil to hot cast iron skillet. Give it a minute to heat up. Add coated veal chop and wait until the internal temperature is 90F degrees. Flip and make sure the breading is nice and brown. Spoon some hot oil from the pan on top of the chop. When the veal chop has an internal temperature of 135F degrees, sear the bone and the fat and move to the grate or grill. Let cook 2 more minutes on each side. The direct heat will crisp up the outside and dry out some of the oil. The final temperature should be 145F degrees, so remove at 140F degrees because it will continue to cook. Finish with salt and pepper.

4

Salad can be made ahead of time. Sprinkle the tomatoes with salt and olive oil. Let it sit for ten minutes and add a bunch of arugula. For dressing add mayo, 2 tablespoons of Dijon mustard, chopped parsley, chopped sage and squeeze of ½ lemon. Mix in a bowl. Server on the side.

Bete'avon

