

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

Prairie Street's Kosher
Veal Whole Rack

Kosher salt

Black Pepper freshly
cracked

2 Heads of garlic

Olive oil

Parsley bunch

5 Sprigs rosemary

5 Sprigs of thyme

5 Sprigs of oregano

2 Red peppers

1 Zucchini

1 Yellow squash

1 Grape tomatoes box

2 tablespoons tomato
paste

1 tablespoon of
preserved lemon paste
(store bought in a jar)

1 Orange

1

Pat dry the meat and lightly score the fat. Salt and pepper all sides of the meat. Heat the cast iron pan on the fire or stove top. Make sure the pan is hot, drizzle a little olive oil and sear. You want to hear the meat sizzle. Let the meat brown on each side.

2

Make roasted garlic ahead of time. Cut the top off a head of garlic, drizzle with olive oil, wrap tin foil and bake for 30 minutes. Squeeze the garlic into a bowl and make a paste.

3

Chop up parsley, oregano, rosemary, and thyme finely. Reserve $\frac{1}{4}$ of the herbs for the ratatoullie. Add to the bowl of garlic and mix with $\frac{1}{4}$ cup of olive oil and tablespoon of preserved lemon paste. Rub the mix on the veal.

4

Add the veal back to pan, fat side up, and continue to cook with the grill lid down. Cook for another 45 minutes and check the temperature. The temperature should be around 90-100°F/32-37°C. Cook for another 20 to 30 minutes. Take the meat out around 140°F/60°C. It will continue to cook once it is removed from the heat. Veal should be cooked to 145°F/62°C. Let the meat rest for 30 minutes before slicing.

Ratatoullie

1. Cut the zucchini and yellow squash into half circles. Place them on a sheet pan with tomatoes, 5 clove garlic cut in half, and sliced red pepper. Generously coat in olive oil and salt and pepper.
2. Place sheet pan on the grill for 30 minutes. Time to be ready with the veal.
3. Make sure all the vegetables are soft. Place the whole mixture, oil and all into a big bowl. Mix in 2 tablespoons of tomato paste and some chopped herbs. Finish with a squeeze of orange. Serve with veal.