

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

5-6 pound Prairie Street
Prime Kosher Veal Breast

2 cups low-salt chicken
broth

2 cups low-salt beef
broth

2 cups dry Kosher white
wine

5 shallots, peeled

1 head of garlic,
separated into cloves
and peeled

1 small bunch of fresh
thyme

3-4 bay leaves

1 tablespoon whole
black peppercorns

Kosher salt

Ground black pepper

- 1** To Prepare Your Kosher Veal Breast Confit. Preheat your oven to 500F.
- 2** Generously season both sides of your veal breast with kosher salt and ground pepper. Place bone-side down in a heavy roasting pan and put in 500F oven uncovered for 20 minutes.
- 3** Lower oven to 300F.
- 4** Remove veal breast from oven and place your braising ingredients into roasting pan with veal: shallots, fresh thyme, garlic, peppercorns, bayleaves, chicken stock, beef stock, and dry Kosher white wine.
- 5** Tightly cover the roasting pan with a heavy-duty aluminum foil and place in 300F for 2 ½ hours or until the internal temperature of the veal breast reaches 140F.
- 6** Once the desired internal temperature is reached, carefully remove the veal breast from the roasting pan and set on a large cutting board to slightly cool. Meanwhile, strain the braising liquid into a separate sauce pan and let cool. If desired, place on low heat and let reduce by one-third. Be sure to let cool before placing in the refrigerator.
- 7** When the veal breast is cool enough to the touch, remove bones while being careful to leave as much of the meat intact as possible. (Note that you can save the bones in your freezer if you want to make veal stock at a later time!) With the boneless veal breast, cut in half and fold onto itself with the fat-side out. Carefully place the two-layer veal breast on a foiled baking sheet, cover tightly with heavy aluminum foil, weigh down the top of it with heavy cans, and place in the refrigerator for 8-24 hours.
- 8** On the next day your veal breast confit is ready! Serve either cold or hot. Thinly slice some of the veal breast and serve on crusty bread with a smear

of grainy mustard or reheat slices in the braising liquid for a nourishing soup.

Bon Appétit!