

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

1 Prairie Street Prime
Kosher USDA Veal Chop

1 teaspoon avocado oil

4 sprigs fresh thyme,
whole

3 garlic cloves, whole

4 carrots, peeled and cut
into obliques

½ cup carrot juice

½ cup honey

1 tablespoon fresh dill,
chopped

½ lemon, zested and
juiced

Vegan parve butter,
divided

Freshly ground black
pepper

Kosher salt

- 1 Season both sides of your veal chop with Kosher salt and ground black pepper.
- 2 In a hot sautee pan, heat your avocado oil. Once hot, sear your veal chop allowing it to caramelize on the first side before flipping it to the other.
- 3 When the first side of your veal chop is nicely seared, flip the chop in the pan moving it to one side. Add your garlic, thyme, and ½ cup of vegan parve butter. As the parve butter begins to melt, use a tablespoon to baste the juices and fat over the veal chop - including the bone. The thyme and garlic will become fragrant as they toast and roast.
- 4 Flip your veal chop one more time to baste the first side of the meat. Take the temperature of your chop in the thickest part of the meat away from the bone and look for 135F. Move the veal chop to a wire rack and place the herbs, garlic, and basting liquid on top. Allow the meat to rest about 10 minutes before serving.
- 5 In a saucepan cook your carrots, carrot juice, honey, and 1 tablespoon vegan parve butter over a medium heat with the top on until carrots begin to soften and glaze. About 10-15 minutes.
- 6 Remove the lid from the carrots once they are "fork tender" and allow the liquid to slightly reduce and thicken for several minutes. Once glistening reduce your heat and add your fresh dill, lemon zest and juice, and stir. Allow the flavors to combine and once the liquid is almost completely gone, they are finished.
- 7 Serve your Kosher vegan parve basted veal chop along side your glazed carrots for a hearty, rustic, and delicious meal.

Bon Appétit!