

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS LIST FOR THE VEAL PAILLARD

Prairie Street Co Veal  
Chops

Extra virgin olive oil

Kosher salt

Ground black pepper

## INGREDIENTS LIST FOR THE REDUCED APPLE GASTRIQUE -

1 cup white sugar

1 cup water

2 cups natural apple  
juice

¼ cup rice wine vinegar

½ cup red wine vinegar

### *Preparation for the Veal Paillard*

- 1 Cover your cutting board with plastic wrap and then cover your Veal Chops with plastic. Using the flat, smooth side of a meat gavel, gently pound your Veal Chops to about 1-inch thick. Pay particular attention near the bone so the meat doesn't tear when you flatten it. Remove and discard your plastic wrap.
- 2 Cook for the Veal Paillard
- 3 Preheat your oven to 400°F/205°C.
- 4 Preheat a large, heavy bottom skillet over a medium to high heat. Once hot, lightly coat the skillet with a small amount of extra virgin olive oil. Season your veal with coarse salt and ground black pepper, then sear both sides of each paillard Veal Chop. Once a beautiful, brown crust has formed, sit to the side on a racked baking sheet.
- 5 About 10 minutes before serving, finish your paillard Veal Chops in a 400°F/205°C oven for about 4-5 minutes only as you do not want to over cook. You are looking for an internal temperature of 140°F/60°C.

### *Cook for the Reduced Apple Gastrique*

- 6 Preheat a medium size stock pot (we recommend cast iron), over a medium flame. When hot, add your sugar and give it a little shake to even out the layer of sugar and then add your water to the sugar. Let the water and sugar bubble together, giving the pot a gentle shake every few 30-45 seconds. Once a golden color begins to form on the outside of the pot, gently stir with a whisk being careful not to kick the sugar to the sides of the pot.
- 7 After about 4-5 minutes once the water has evaporated and the sugar becomes a syrup consistency, add your natural apple juice and gently whisk. Reduce the heat to low-medium.

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Let the sugar syrup and apple juice reduce for about 4 minutes and then add your rice wine and red wine vinegars. Gently whisk to combine. Turn off the heat and let the gastrique sit to the side. It will continue to slowly thicken while waiting to be plated.

## *Plating*

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When ready to eat, serve your Veal Paillard with a drizzle of your Reduced Apple Gastrique. We love this dish alongside a beautiful salad of bitter, sweet chicories and more apples.

Bete'avon!