

Veal Foodservice Recipe



Funded by the Beef Checkoff.



Ult - (Veal / Lettuce / Tomato)

MAKES 10 SERVINGS

INGREDIENTS:

10 VEAL CUTLETS, 3 OUNCES EACH, POUNDED THIN • 1/2 CUP ALL-PURPOSE FLOUR
1 TSP. PAPRIKA • 1 TSP. CUMIN • SALT TO TASTE • GROUND BLACK PEPPER
TO TASTE • 3/4 CUP CANOLA OIL • 10 EA. CIABATTA ROLLS, CRUSTY • 6 CUPS
ARUGULA • 20 EA. TOMATO SLICES

RED PEPPER KETCHUP:

4 EA. RED PEPPER, SWEET, LARGE • 2 TBSP. CANOLA OIL • 1 EA. JALAPENO PEPPER
1/2 CUP ONION, CHOPPED • 2 EA. GARLIC CLOVES, MINCED • 1 TSP. BROWN SUGAR
2 TBSP. CIDER VINEGAR

METHOD:

FOR THE KETCHUP:

1. PREPARE THE RED PEPPER KETCHUP BY FIRST ROASTING THE RED PEPPERS IN A HOT OVEN, UNDER A BROILER OR OVER AN OPEN FLAME, TURNING OFTEN UNTIL THE SKIN IS WRINKLED AND THE PEPPERS ARE TENDER.
2. TRANSFER PEPPERS TO A BOWL, COVER WITH PLASTIC WRAP AND REST FOR 10 MINUTES. PEEL SKIN, REMOVE SEEDS AND STEM, THEN CUT INTO CHUNKS.
3. HEAT CANOLA OIL IN A MEDIUM SAUTÉ PAN. SWEAT JALAPENOS, ONIONS AND GARLIC UNTIL SOFTENED. REDUCE HEAT AND ADD SUGAR, CIDER VINEGAR AND ROASTED PEPPERS. SIMMER FOR ABOUT 5 MINUTES AND THEN LET COOL.
4. PLACE INGREDIENTS IN BLENDER OR FOOD PROCESSOR AND PUREE UNTIL SMOOTH, REACHING KETCHUP LIKE CONSISTENCY.
5. REFRIGERATE UNTIL COMPLETELY CHILLED.

FOR THE VEAL:

6. BLOT VEAL DRY, SEASON BOTH SIDES WITH CUMIN, PAPRIKA, SALT AND PEPPER, THEN DREDGE IN FLOUR. SET ASIDE. REPEAT WITH REST OF VEAL CUTLETS.
7. HEAT OIL IN SAUTÉ PAN, ON MEDIUM HEAT, UNTIL SHIMMERING.
8. SAUTÉ CUTLETS IN OIL UNTIL GOLDEN BROWN ON BOTH SIDES, ABOUT 2 TO 3 MINUTES PER SIDE.
9. TO ASSEMBLE SANDWICH: CUT CIABATTA ROLLS IN HALF. PLACE THE SAUTÉED VEAL ON THE BOTTOM HALF OF ROLL AND TOP (IN ORDER) WITH PEPPER KETCHUP, ARUGULA, TOMATO AND TOP OF ROLL.

NUTRITIONAL INFORMATION PER SERVING:

K/CAL	PROTEIN (G)	CARB (G)	FIBER (G)	FAT (G)	SAT FAT (G)	CHOL (MG)	SODIUM (MG)
377	29	40	4	12	3	95	669