



Veal Recipes as seen on TikTok

Featuring recipes developed by Matt Groark (@groarkboysbbq) and Marco Sanchez (@woodfireandwhiskey) in partnership with the Food Renegades and the Beef Checkoff



Funded by Beef Farmers and Ranchers





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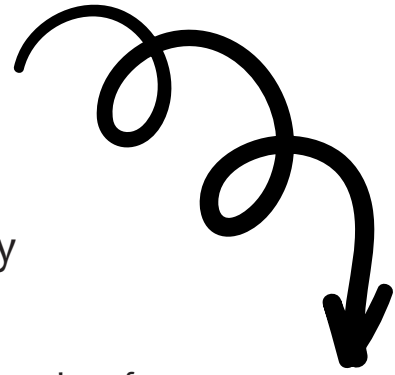
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Did You Know?!



You can be confident veal calves live a healthy humane life on veal farms!

- Veal calves are raised in bright open barns to about 6 months of age and around 500 pounds!
- Veal calves are never tethered, they have room to lie down, stand up, groom themselves and interact with each other
- Veal farms utilize group housing, where calves are only in individual pens until they are old enough that their immunity is stronger
- Veal calves are fed a specialized milk formula their whole lives, but they are also fed grains or roughage and have free access to water!

Learn more about veal and cooking veal at [Veal.org](https://www.veal.org)!



Veal is light pink in color with a light flavor, that makes it very versatile in cooking.

Matt and Marco did a great job showing the ease and versatility of veal in their recipes!

If you make one of these, tag us on social media!

@vealdiscoverdelicious

@woodfireandwhiskey

@groarkboysbbq

#reVEALyourinnerchef

Use the links on these buttons to visit Matt and Marco's TikTok videos of these recipes!



Veal Smash Burgers

Developed by Marco Sanchez aka Woodfire and Whiskey



Servings: 3 double burgers or
6 single burgers

Ingredients:

- 1 lb. ground veal
- 2 Tbsp. tropical sriracha seasoning or seasoning of your choice
- ½ cup shredded cheddar cheese
- 1 slice of American cheese per patty
- 3-6 brioche buns
- mayo for toasting the buns and extra for assembling your burger
- lettuce and tomato or any toppings you prefer

Instructions:

1. In a mixing bowl, mix together ground veal, seasoning and shredded cheese. Once mixed, form 6 even meatballs.
2. Spread mayo on each side of the brioche buns and in a cast iron or flat top griddle set to medium heat, toast your buns.
3. After buns are toasted, its time to add your meatballs and smash them into the pan. Let the patties cook for a few minutes. You will know when to flip as the meat will no longer stick to the pan or griddle. This takes about 4 minutes and the meat should easily separate from the surface.
4. Once cooked on the first side, flip and add the cheese. Finish cooking to an internal temperature of 160°F.
5. Spread mayo on the toasted bun and assemble how you like your burger.

Marco's Tip: Pickled jalapeños are always a great addition to any burger in my opinion.



Goat Cheese Stuffed Veal Burgers

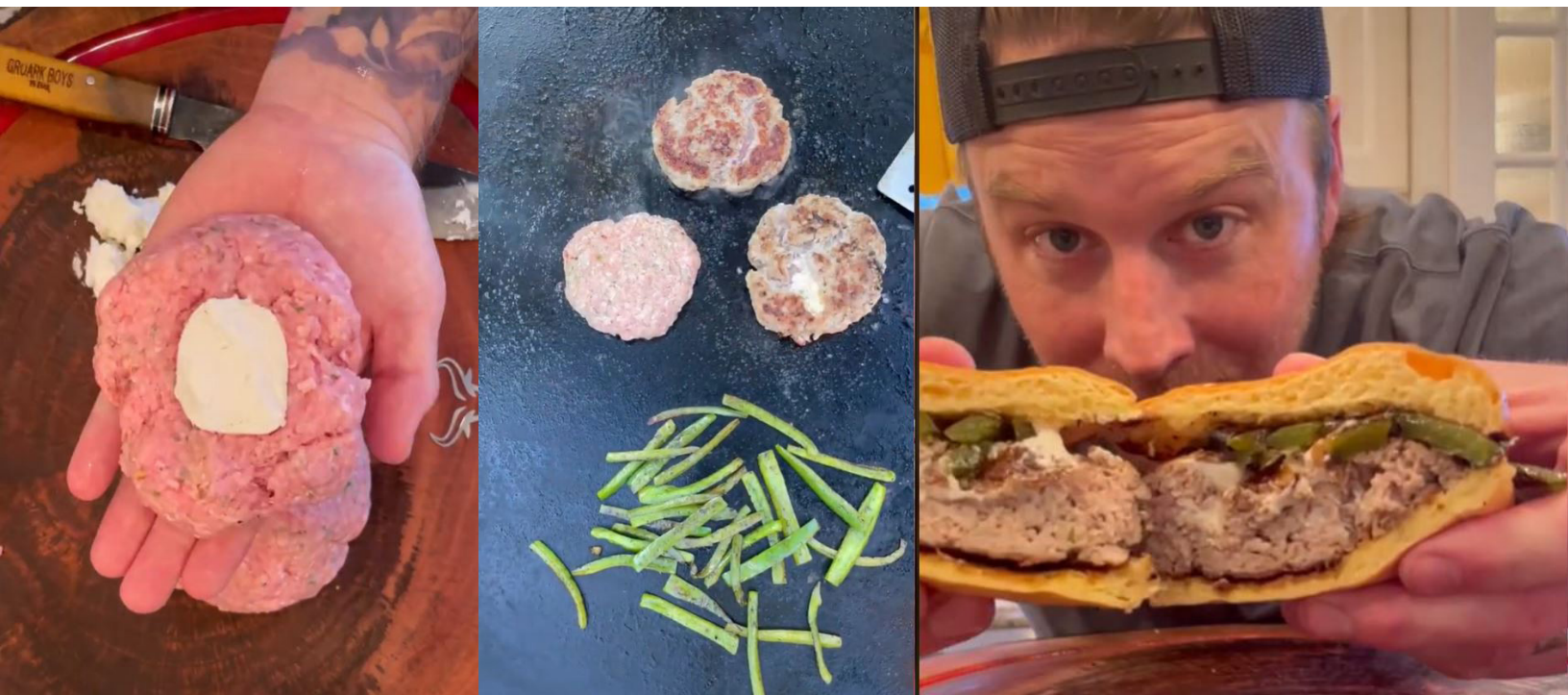
Developed by Matt Groark aka Groark Boys BBQ

Ingredients:

- 1lb. ground veal
- 1 Tbsp. Dijon mustard
- salt and pepper to taste
- 1 Tbsp. dried Italian blend or chimichurri blend
- 4 oz. goat cheese
- brioche buns or your choice
- 2 green bell peppers (julienne)

Instructions:

1. In a large bowl mix ground veal, Dijon mustard, salt, pepper, Italian herbs (or chimichurri blend).
2. Stuff burgers by forming veal into 2 smaller patties with a small portion of goat cheese in the middle. Seal and set aside.
3. Slice and sauté green peppers until soft.
4. Set up grill using an indirect cooking method and place burgers on the direct heat side for approximately 3 minutes per side.
5. Move over to indirect side and cover cooking to an internal temperature of 160°F
6. Place veal burger on bun and top with green peppers. Slice in half to see the beautiful goat cheese



Ground Veal Tacos

Developed by Matt Groark aka Groark Boys BBQ

Ingredients:

- 1lb. ground veal
- 1 packet taco seasoning
- 1 avocado
- 1 can mild salsa or your preference
- 1 cup sour cream
- 1 can green chilies
- 1 cup cotija cheese
- flour or corn tortillas

Instructions:

1. In a large sauté pan brown 1lb. of ground veal. Drain grease and add taco seasoning pack as per directions.
2. Slice or dice avocado and warm tortillas.
3. Build your tortilla with prepared ground veal, sour cream, avocado, salsa, cotija cheese and green chilies!

Matt's Tip:
build those tacos
however you
want! **His build:**
sour cream,
ground veal,
avocado, salsa,
cuseo fresco,
slaw



Crispy Veal Tacos & Mango Salsa

Developed by Marco Sanchez aka Woodfire and Whiskey

Serves two

Ingredients:

Ingredients:

- 2 veal cutlets
- salt and pepper
- ½ cup flour
- 1 egg
- 1 cup breadcrumbs
- olive oil
- white corn tortillas

Mango Salsa

- 2 avocados, diced
- 1 small red onion, diced
- 2 mangos, diced
- juice of 1 lime

Instructions:

1. Place your veal cutlets between two pieces of plastic wrap and pound with a meat tenderizer until slightly thinned out and salt and pepper both sides.
2. Dip the cutlets into the flour, then the beaten egg and then the breadcrumbs and set aside.
3. In a cast iron pan on medium heat fry in a few tbsp of olive oil on both sides until golden. About 2 minutes per side.
4. In a mixing bowl, add the mango salsa ingredients and mix together.
5. Toast your tortillas over a flame, cut the veal into strips and place the veal on the tortillas. Top with mango salsa and pickled red onions.



Veal Meatball Sub

Developed by Marco Sanchez aka Woodfire and Whiskey



Serving size: one sub

Ingredients:

- 1lb. of ground veal
- ½ cup chopped Italian parsley
- ¼ cup milk
- ¼ cup breadcrumbs
- ½ cup Parmigiana Reggiano
- 1 egg
- olive oil
- 2 Tbsp. butter
- 1 small white onion diced
- ¼ cup minced garlic
- 2 Tbsp. tomato paste
- 16 oz. can of crushed tomatoes
- 2 Tbsp. Italian seasonings
- 2 French rolls
- 1 cup shredded mozzarella
- ¼ cup chopped basil

Instructions:

1. In a mixing bowl add the ground veal, parsley, milk, breadcrumbs, Parmigiana Reggiano and egg. Mix well and form even sized meatballs.
2. In a Dutch oven add a little olive oil and brown your meat balls on all sides then remove from heat and set aside.
3. Add in the butter to the Dutch oven and once melted, add the onions and cook until translucent.
4. Next add the garlic and tomato paste. Once this is all mixed in, add the crushed tomatoes, basil and Italian seasonings then place the meatballs back into the Dutch oven to braise on low heat for about 1.5-2 hours.
5. Toast up your French rolls, add the meatballs and braising sauce then top with mozzarella and place under your broiler until cheese is melted.



TikTok Video here!





Nashville Hot Veal Sandwich

Developed by Marco Sanchez aka Woodfire and Whiskey

Serving size: one cutlet sandwich

Ingredients:

- 1 veal cutlet
- ¼ cup potato starch
- salt and pepper to taste
- 2 Tbsp. of your favorite seasoning or spicy seasoning
- 1 egg
- 2 Tbsp. of vinegar based hot sauce
- oil for deep frying
- 1 Tbsp. of spicy seasoning to be mixed with the frying oil
- 1 brioche bun
- mayo for toasting and spreading on buns
- pickles

If you don't have a deep fryer, use a pan! Just make sure the oil is hot enough!

Instructions:

1. Place your veal cutlet between two pieces of plastic wrap and pound with meat tenderizer just until slightly thinned out and even thickness.
2. Mix the potato starch with the spicy seasoning in one container and beat your egg with two Tbsp. of hot sauce in another container.
3. Dip your cutlet into the starch, then into the egg mixture and then back into the starch and set aside.
4. Heat up your deep fryer to 325 °F and fry the cutlet until golden brown about 3 minutes.
5. Remove from oil and increase the oil temp to 375 °F and fry again for 1 minute. This is going to give you a crispy delicious cutlet.
6. Remove about ½ cup of oil from the deep fryer and mix in your spicy seasoning. Brush each side of the cutlet with the oil mix.
7. Spread some mayo on your brioche bun and toast in a cast iron skillet or nonstick pan.
8. Spread mayo on your buns, add a generous amount of pickles and add your cutlet.



Watch Marco build it!

Crispy Veal Cutlets with a Garlic Cream Sauce and Fettuccine

Developed by Marco Sanchez aka Woodfire and Whiskey

Serves two

Ingredients:

- pasta of choice
- 2 veal cutlets
- ½ cup flour
- salt and pepper
- 1 egg
- 1 Tbsp. water
- 1 cup breadcrumbs
- olive oil
- 1 stick butter
- ¼ cup minced garlic
- ½ cup heavy cream
- 1 cup grated Parmigiano Reggiano
- reserve ¼ cup pasta water
- parsley for garnish

Instructions:

1. First cook your pasta in salted water.
2. Place your veal cutlets between two pieces of plastic wrap and pound with a meat tenderizer until slightly thinned out.
3. Add salt and pepper to your flour in one dish, beat an egg with 1 tbsp water in another dish and add breadcrumbs to a third dish. Dip the cutlets one at a time into the flour, then egg and then the breadcrumbs and set aside.
4. Heat a pan to medium heat and add in enough olive oil to fill the bottom of the pan just slightly. Fry each side for about 2 minutes or until golden brown on each side.
5. At the same time, heat another pan to medium low and melt the butter, add in the garlic and cook for about 1.5-2 minutes then add the heavy cream and Parmigiano Reggiano. Add salt and pepper to taste.
6. Add about 1/4 cup of pasta water to the sauce and once creamy add your pasta to the sauce and toss generously.
7. Cut your cutlets into strips. Plate your pasta and top with the crispy veal cutlets. Garnish with Italian parsley and serve.



Veal Fried Rice

Developed by Matt Groark aka Groark Boys BBQ

Ingredients:

- 1 lb. veal stew meat
- olive oil
- 3 eggs
- 6 cups brown rice (pre-cooked per package)
- 1 bag frozen mixed veggies
- ½ cup soy sauce
- salt/pepper to taste

Instructions:

1. In a large wok or pan coat with olive oil and sauté stew meat until fully cooked. Set aside.
2. Add eggs and scramble, followed by brown rice, frozen veggies and soy sauce. Cook until veggies are warmed throughout.
3. Add in the cooked veal and stir together!







Sticky Thai Meatballs with Rice Noodles

Developed by Matt Groark aka Groark Boys BBQ

Ingredients:

- ⅓ cup cold water
- 1 Tbsp. cornstarch
- ⅓ cup low sodium soy sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. honey
- 2-3 Tbsp. chili paste
- zest and juice of 1 lime, plus more for serving
- 1 lb. ground veal
- 1 inch fresh ginger, grated
- 2 cloves garlic, minced or grated
- black pepper
- 3 Tbsp. extra-virgin olive oil plus more for rolling
- 2 medium shallots, sliced or chopped
- 2 red or orange bell peppers, chopped
- ¼ cup raw peanuts
- ½ cup fresh basil and or cilantro, roughly torn
- 8 oz. rice noodles

Instructions:

1. In a glass jar, whisk together ⅓ cup cold water and the cornstarch. Add the soy sauce, rice vinegar, honey, chili paste, lime zest, and lime juice.
2. Add the veal, ginger, garlic, and a pinch of pepper to a bowl. Mix until combined. Coat your hands with a bit of oil and roll the meat into tablespoon-size balls (will make 15-20 meatballs).
3. Heat a large skillet over medium-high heat and add 2 tablespoons oil. When the oil shimmers, add the meatballs and sear until crisp, about 4-5 minutes, turning them 2-3 times. Remove the meatballs from the skillet onto a clean plate. To the skillet, add the shallots, peppers, and peanuts, cook another 2-3 minutes, until the peppers begin to char. Pour in the honey/soy sauce mix. Add cooked meatballs to the mix. Bring the sauce to a boil over medium-high heat and cook until the sauce thickens slightly, about 5 minutes. Remove from the heat and stir in the basil. Ensure to check meatballs for an internal temperature of 160°F
4. Meanwhile, cook rice noodles according to package directions. Drain and toss with a couple drizzles of olive oil and the sesame seeds.
5. To serve, divide the noodles among bowls and top with meatballs.

Stuffed Eggplant with Veal and Spinach

Developed by Matt Groark aka Groark Boys BBQ



Serves four

Ingredients:

- 4 small, firm eggplants, each 5 to 6 inches in length (about 1 $\frac{3}{4}$ pounds)
- salt to taste
- 1 box chopped frozen spinach (or fresh cooked down)
- 1 Tbsp. extra-virgin olive oil, plus more for baking dish
- 1 lb. ground veal
- 1 tsp. ground or rubbed sage
- salt and freshly ground black pepper
- 2 cloves garlic, minced
- 5 Tbsp. butter
- 3 slightly rounded tablespoons all-purpose flour
- 2 cups milk
- freshly grated nutmeg
- 1 large egg
- about $\frac{3}{4}$ cup freshly grated Parmigiano-Reggiano
- 3 slices pane bello or good quality white, crusty bread, crusts trimmed and torn
- A few sprigs fresh parsley, leaves only

Instructions:

1. Halve eggplants lengthwise. Scoop out the flesh leaving the shells $\frac{1}{8}$ -inch thick. Salt the shells and invert to drain over paper towels for 30 minutes. Salt the flesh and drain it in a strainer.
2. Defrost the spinach in a microwave, squeeze out all of the water and separate it with fingertips. Put the spinach in a mixing bowl.
3. Heat the oven to 350°F.
4. Heat a medium skillet over medium-high heat with extra-virgin olive oil, a turn of the pan. Add the meat, sage and salt and pepper, to taste. Lightly brown the meat, then stir in the garlic and cook for 30 seconds, Add the meat mixture to the mixing bowl.
5. Melt 4 tablespoons butter in a sauce pot over medium heat. Whisk in the flour, cook for 1 minute, then whisk in milk and bring the mixture to a bubble. The sauce should be thick enough to coat the back of a spoon. Season the sauce with salt, pepper and nutmeg, to taste. Cool for a few minutes, then add it to the meat and spinach. Pat the salted flesh of the eggplant dry and finely chop, then stir it into meat mixture along with an egg and about $\frac{1}{2}$ cup cheese.
6. Tear the bread, add it to a food processor and pulse-grind into fresh crumbs. Finely chop the parsley leaves and stir it into the breadcrumbs.
7. Pat the eggplant shells dry and drizzle a baking dish with extra-virgin olive oil. Arrange the eggplant shells in the dish and mound the filling into them. Top with breadcrumbs and a little more cheese, dot with dabs of butter and bake until lightly golden, about 30 minutes. Cool completely, cover and refrigerate for a make-ahead meal. To reheat, put the eggplant in a 350°F oven, loosely covered, for 20 minutes, then uncover and bake until deeply golden in color, about 10 to 15 minutes. Serve a whole eggplant per person.



Veal Osso Buco

Developed by Marco Sanchez aka Woodfire and Whiskey

Serves three

Ingredients:

- 1 lb. of veal shanks
- salt and pepper
- ½ cup flour
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small onion, chopped
- 2 celery stalks, chopped
- 1 carrot peeled and chopped
- 3 Tbsp. of tomato paste
- 1 cup white wine
- 1 cup beef broth

Instructions:

1. Start by tying your veal shanks with cooking twine then salt and pepper both sides.
2. Next, dip the shanks into the flour and get them nicely coated on all sides then set aside.
3. Heat up a Dutch oven to medium heat and add 2tbsp of olive oil then sear both side of the veal shanks for 2 minutes on each side. Remove from heat and set aside.
4. Next, add the butter to the Dutch oven and once melted add in the onions, celery and carrot.
5. Cook until the onions are translucent then add in the tomato paste. Once this is all mixed in, add the wine, beef broth and add the shanks back to the Dutch oven.
6. Bring to a boil then reduce heat to a simmer and cover for 2 hours turning every 30 minutes to ensure even cooking. The meat is ready when it is tender and easily pulls off the bone.

Tip from Marco: This is best served with garlic mashed potatoes or roasted veggies. Another option for serving would be a garlic butter cauliflower puree.



Pan Seared Veal Chops

Developed by Matt Groark aka Groark Boys BBQ



Serves two

Ingredients:

- 2- 6 oz. veal chops
- high smoke point oil (avocado oil)
- salt and pepper or your favorite all-purpose seasoning

Instructions:

1. Pre-heat oven to 375°F.
2. Coat veal chops lightly with avocado oil and season with salt/pepper or you preferred seasoning of choice.
3. Heat cast iron pan to medium high heat and coat with thin layer of avocado oil. Place veal chops down and sear for 3 minutes.
4. After 3 minutes flip and immediately and place pan into 375 °F oven. Cook for approximately 7 minutes or until chops reach an internal of 145°F.
5. Remove from pan, cover with pan juices and serve







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