



2022 Recipe Entries
Recipe E-book



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Fried Veal Stuffed Mushrooms

By Leslie Lecomte, Arizona Culinary Institute



Ingredients:

- 1/2 lb. ground veal (may use less if mushrooms are smaller)
- 2 Tbsp. Parmesan Cheese
- 2 stems of Parsley, chopped
- 1/4 tsp. Red Pepper Flakes
- 1 clove Garlic
- 6 Baby Bella Mushrooms, cleaned and stemmed
- 1/2 c. Flour
- 3 Eggs
- 1/2 c. Breadcrumbs
- 3 c. Frying Oil, Vegetable
- Salt and pepper, to taste
- *Optional ranch dressing, buffalo sauce, marinara, or favorite condiments for dipping

Instructions:

1. Prepare veal by combining with Parmesan cheese, parsley, red pepper flakes, and garlic in a bowl. Careful not to over work the ground veal.
2. Prepare mushrooms by cleaning and stemming each one. Lightly scoop out a pocket for the veal mixture in each mushroom. Careful not to break the mushrooms. Place stems aside or include them in the ground veal mixture.
3. Prepare a dredging station with flour, whisked eggs, and bread crumbs each in their separate containers or shallow bowls.
4. Scoop the ground veal mixture into each of the cleaned mushrooms. Careful not to over fill.
5. Dredge veal mushrooms first with flour, then egg, then breadcrumbs. Place on a parchment paper covered sheet. Freeze for 15 minutes to help set.
6. Prepare a frying station. Heat oil to 350°.
7. Remove mushrooms from the freezer and fry until golden brown and internal temperature reads 160F with an instant read thermometer.
8. Rest and season with salt and pepper to taste. For plating, drizzle or mix sauce of choice.

Grilled Lemon Parmesan Veal Kabobs

By Nathan Roof, Finger Lakes Community, NY

Ingredients:

- ¼ Sweet potato
- ⅛ Large onion (Minced)
- ⅓ c. Parmesan cheese (grated)
- ½ Tbsp. Chive (chopped)
- 1 tsp. Parsley
- ½ tsp. Lemon Zest
- 0.5 lbs. Veal cutlets (pounded thin)
- Salt and pepper
- Olive oil (for brushing)
- 6 Tbsp. Clarified butter
- 3 Cloves Garlic (minced)
- 1 tsp. Onion powder
- ¼ tsp. Salt
- ¼ tsp. Pepper
- 2 Tbsp. Lemon Juice
- 2 Tbsp. Parsley (Minced)



Instructions:

1. Use a peeler to cut 4 or 8 thin chips out of the sweet potato. Place in ice water until ready to cook.
2. Light grill or cooking surface. Sauté onion in olive oil until translucent and soft, set aside.
3. In a small bowl, combine and mix cheese, chive, parsley, and zest.
4. Cut veal into roughly 2in by 4in pieces. Spread out the veal pieces and season with salt and pepper.
5. Sprinkle light onion in a thin line across the width of each of the veal pieces (remember this needs to be rolled). Then repeat with most of the Parmesan mixture. You may leave aside some of the rest of the cheese mixture and plate in small dish for garnish when serving.
6. Roll each cutlet into neat cylinders.
7. Get started on frying the sweet potato in either a fryer or saucepan with oil. Season with salt and reserve for plating.

Veal Egg Rolls Appetizer

By Brejean Guzman - Miami Dade Community College, FL

Ingredients:

- 128 oz vegetable oil
- 1 lb. ground veal
- 2 Tbsp. Sesame oil
- 1 oz. garlic, finely minced
- 1 oz. fresh ginger, finely minced
- 2 Tbsp. coconut aminos
- 2 Tbsp. Coleslaw
- ¼ c. carrot shredded
- 6 egg roll wrappers



Instructions:

1. Prepare the veal filling by first in a large skillet, melt butter and sesame oil together. Add the ground veal and stir. Add minced garlic and ginger and stir. Add shredded cabbages and carrots. Cook and stir for another 3-4 minutes.
2. Remove the mixture from the heat and set to the side.
3. Get started on prepping the egg roll wrappers by lying them out on a flat surface. With wet fingertips, trace along the outside edge of egg roll wrapper to dampen.
4. Add 2 tablespoons veal mixture in corner of egg roll wrapper closest to you.
5. Fold over corner of egg roll wrapper closest to you and being to roll, making sure it is a tight roll. After one roll, fold over corners on each side of egg roll to seal ends. Then complete rolling wrapper to end. Dampen edges with more water to seal if needed.
6. Once all egg rolls are stuffed and ready to cook, heat oil in skillet to about 375F, make sure the oil is about 2 inches high. You may also use a deep fryer to cook these instead of a skillet.
7. Place egg rolls in hot oil and cook until browned and crispy, 2-3 minutes. Turnover and finish the other side until that is brown and crispy as well.
8. Remove from hot oil and drain on paper towel.

Veal Parmigiana Stuffed Meatballs

By Sharday Melvin, Dallas College, TX



Ingredients:

- 1.5 lb. Ground Veal
- 2 Eggs
- 4 c. Garlic Breadcrumbs
- 3.5 oz. Mozzarella in $\frac{3}{4}$ inch cubes
- 32 oz. Oil for frying
- 6 oz. Shredded Parmesan
- 1 tsp. Salt
- 1 tsp. pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 16 oz. Marinara sauce
- 1 c. Milk
- 1 c. Flour

Instructions:

1. Pre heat oven to 400F and frying oil to 350F.
2. Cube your mozzarella in $\frac{3}{4}$ inch cubes for stuffing the meatballs.
3. Add veal, 1 egg, $\frac{1}{2}$ cup of breadcrumbs, $\frac{1}{2}$ cup of flour and seasonings in a bowl. Mix until well blended.
4. Take about 1 oz of mixture and form into a little patty in your hand making sure there aren't any thin spots. Take cubed mozzarella and place in the middle. Form meat balls around the meatballs making sure to smooth the seams.
5. Set up dredging station. Place the flour in a bowl seasoned with salt and pepper. Add Egg and milk to another bowl, also seasoned with salt and pepper, then place breadcrumbs in a 3rd seasoned as well.
6. Bread meatballs by placing in flour then egg mixture and lastly breadcrumbs. Make sure they are well coated. Gently press in breadcrumbs to ensure they won't fall off while frying.
7. Now Deep fry balls until golden brown, remove from oil and finish in oven if necessary, until the meat portion of the ball reaches an internal temperature of 160F.
8. Heat up marinara sauce while meatballs are finishing up. Plate meatballs and pour marinara over them.
9. Sprinkle Parmesan cheese and finish off with minced parsley.

Veal Quipes with Avocado Crema

By Grant Young, John McDonald, Kayla Kellaway, and instructor Dr. Frank C. Costantino,
The Culinary Institute of NY at Monroe College



Ingredients:

- 1 avocado, mashed
- ½ c. sour cream
- 1 Lime, juiced (add zest for extra zing)
- Salt and pepper
- ½ c. bulghur wheat
- Hot water as needed
- Pinch salt
- 10 oz. finely ground veal
- 6 Tbsp. sofrito (tomato cooking base)
- 2 tsp. minced garlic
- 2 Tbsp. minced onions
- 2 Tbsp. fresh Cilantro chopped
- 2 tsp. chili powder
- Flour for dredging

Instructions:

1. Start by making the avocado crema. Whisk the avocado with the sour cream. You can go completely smooth or leave a little chunky.
2. Add lime juice (and zest if using) with seasoning to taste.
3. Keep cool until serving. While you prepare the Quipes.
4. Pour hot water over the bulghur and cover in a bowl for 10 minutes.
Remove and cool quickly.
5. Mix bulghur with the ground veal.
6. Add the sofrito, onions and basil.
7. Form elongated croquettes with about ¼ c of the veal mixture.
8. Dredge in flour and shake off excess.
9. Keep refrigerated until service time. Fry them in 350F Canola oil to an internal temperature of 160F, blot on paper towel and serve immediately.

Chefs Note: Plate with some pickled vegetables!

Wiener Schnitzel Bites with Lemon & Tarragon Mustard

By by Leslie Lecomte, Arizona Culinary Institute



Ingredients:

- 4 oz. Veal Cutlet, pound thin
- ½ c. Flour
- 2 eggs, whisked
- ½ c. Breadcrumbs
- 1 tsp. Tarragon, chopped
- ½ each Lemon, wedged
- 3 c. Vegetable Oil, or any frying oil

For the sauce:

- 2 Tbsp. Dijon Mustard
- 2 Tbsp. Whole Grain Mustard
- 1 tsp. White Wine Vinegar
- 1 sprig each Tarragon, chopped
- Salt & Pepper, to taste

Instructions:

1. Cut Veal into small, bite-sized pieces, roughly 2x2 inch pieces.
2. Prepare a dredging station by placing flour, eggs, and breadcrumbs with added tarragon in three separate containers.
3. Dredge veal bites into the three containers, first in flour, then in egg, and finally in breadcrumbs. Shaking off excess as you go. Lay them on a baking sheet to be fried.
4. Heat oil to 350F before beginning to fry the pieces. Fry bites until golden brown and cooked through. Proper cooking temperature per USDA is 145F, tested with a meat thermometer.
5. Remove from oil and add salt and pepper to taste.
6. To prepare the sauce, combine all ingredients listed. Adjust to personal taste.

Ginger Veal Wontons with Tamarind Sauce

By Andrea Lazos, Cincinnati State Technical & Community College



Ingredients:

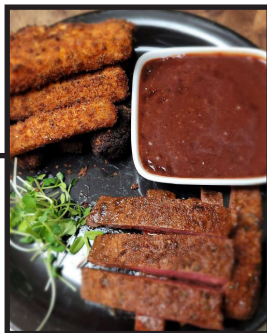
- 9 oz. stewing veal
- 4.5 oz. Asian coleslaw blend
- 30 wonton squares & bowl of water for sealing
- 1 tsp. fresh ginger puree
- 2 oz. scallions, diced
- 2 oz. onion, diced
- 2 Tbsp. brown sugar
- 3 cloves garlic, crushed
- 3.9 oz. mushroom blend, diced
- ½ tsp. Thai chili paste
- 1 tsp. fish sauce
- 1 tsp. rice wine vinegar
- 1 Tbsp. grapeseed oil
- 1 tsp. soy sauce
- 1 c. canola oil (for frying)
- ½ c. tamarind pulp
- ¼ c. granulated sugar
- ¼ tsp. pink salt
- 1 tsp. cumin powder
- ½ tsp. ginger powder
- ½ c. water

Instructions:

1. Simmer: water, tamarind, granulated sugar, salt, cumin, ginger powder until thick and smooth sauce. Set aside.
2. Heat grapeseed oil and sauté veal, ginger puree, coleslaw, onions, garlic, mushrooms until tender.
3. Add: brown sugar, chili paste, fish sauce, vinegar, soy sauce and cook 3 minutes. Let cool.
4. Using water, coat edges of wonton square, add 1 Tbsp of meat mixture to center. Fold in half to form a triangle, press out air and seal corners. Repeat until all wontons are full.
5. Heat canola oil in sauté pan to medium heat. Fry wontons a few at a time until golden brown.
6. Combine tamarind pulp, granulated sugar, pink salt, cumin powder, ginger powder, water, in a saucepan. Reduce to a glaze over low to medium heat.
6. Serve warm with Tamarind sauce. Garnish with scallions, cilantro, and reduced tamarind sauce glaze.

Sticks and Dip

By Jasmine Bylander, Chippewa Valley Technical College, WI



Ingredients:

6 oz. Veal Top Round

½ tsp. Garlic Powder

½ tsp. Fresh Thyme

½ tsp. Paprika

½ tsp. Chili Powder

1 Tbsp. Brown Sugar

½ tsp. Onion Powder

¼ tsp. Coriander

¼ tsp. Cloves

1 tsp. Salt

1 tsp. Pepper

Oil

6 1 oz. Wisconsin Mild Cheddar
Cheese Sticks

2 c. Panko

2 Eggs

1 c. Cake Flour

1 Tbsp. Italian Seasoning

¼ Tbsp. Garlic Powder

¼ Tbsp. Onion Powder

½ tsp. Pepper

½ tsp. Salt

4 oz. Fresh Cranberries
boiled and blended

1oz. chopped Yellow Onion

2 Tbsp. Brown Sugar

1 tsp. Worcestershire

½ tsp. Celery Seed

½ tsp. Ground Mustard

½ tsp. chili powder

1 Tbsp. Apple Cider Vinegar

¼ c. Water

1 Tbsp. Lemon Juice

Salt and pepper, to taste

Instructions:

1. Heat fryer to 375F

2. To begin the dipping sauce, sauté the onions on medium heat until translucent, add the brown sugar, ground mustard, celery seeds, chili powder, salt, and pepper. Coat the onions and let the sugar slightly caramelize.

3. Deglaze the pan with water, Worcestershire, and apple cider vinegar. Bring to a simmer and add cranberries. Let reduce until thickened.

4. Set aside to cool and add lemon juice, salt, and pepper to taste.

5. Begin mixing the seasonings for rubbing the veal. Add the garlic powder, fresh thyme, salt, pepper, paprika, chili powder, brown sugar, onion powder, coriander, and cloves into a small bowl. Stir to combine.

6. Rub the spice blend on Top Round until well coated.

7. Heat oil in a sauté pan over medium heat and place the top round in. Cook to an internal temperature of 145F confirmed by a meat thermometer. Let rest.

8. Mix the panko, Italian seasoning, garlic powder, onion powder, pepper, and salt into a bowl and set aside.

9. Place the flour into a bowl and the eggs slightly beaten into another bowl.

10. Dredge the cheese sticks in the flour, then the eggs, then coat in panko. Fry for 4-6 minutes or until golden brown.

11. Place the cranberry ketchup in a small bowl or side dish. Plate the cheese sticks and slice the top loin into strips. Stack as desired and serve.

Beer Braised Veal on Potato Pancakes

By Maja Holcomb, Nicolet Area Technical College, WI



Ingredients:

- 3 lb. veal stew meat
- 12 oz beer, Wisconsin brew preferred
- 1 large yellow onion, quartered
- Salt and Pepper
- 2 Large raw potato, grated
- 2 Tbsp. yellow onion, grated
- 2 Tbsp. Flour
- 1 egg yolk
- Salt and pepper
- 2 Tbsp. canola
- 8 oz cream cheese, room temperature
- 2 oz anchovies packed in oil
- 4 Tbsp. capers
- 2 Tbsp. chopped parsley
- 2 tsp. coarse salt
- 1 tsp. lemon juice
- Salt and Pepper

Instructions:

1. Begin by prepping the veal meat. Heat oven to 275F. Place veal in covered pan with salt, pepper, yellow onion, and beer. Cook 2-3 hours until tender and pull apart. Season with salt and pepper as needed. You may also cook low in a slow cooker for 8 hours.
2. To make the potato pancakes, mix the grated potato, grated onion, flour, yolk, and seasoning.
3. Heat a frying pan with canola oil. Use a 2 oz portion scoop to make mini pancakes. Gently flatten them and fry to golden crispy on each side. Place on paper towel to absorb excess oil.
4. To prep the caper anchovy cream, place capers and anchovies on cutting board. Lightly chop then sprinkle on coarse salt and use edge of knife to mash the capers and anchovies into a paste- the salt acts as an abrasive to help this step.
5. In a bowl combine caper anchovy paste, cream cheese, parsley, and lemon juice and mix until well combined. Load into a piping vessel.
6. To plate, start with the potato pancake, pipe each with anchovy paste, top with shredded veal, finish with green sprouts and an option soft cured egg yolk.

Optional: Topped with Soft Cured Egg Yolk: 6 egg yolks , 3 c. White granulated sugar, 1 c. Salt
Mix sugar and salt in shallow dish. Remove half. Make remaining sugar and salt lay flat in pan. Use knuckle to make yolk sized wells and gently set yolk in the well. Gently cover yolks with remaining sugar salt mixture and refrigerate for 5 days.

Blues Venom Veal Pub Sliders

By Jameelah Love, Nicolet Area Technical College, WI



Ingredients:

- 1-pint blueberry
- 1/4 cup sugar
- Juice of 1/2 lemon
- Salt, pinch
- 1 tsp/ bunch fresh basil
- 4 garlic cloves, minced
- 1 Tbsp. olive oil
- 2 Tablespoons fresh lemon juice
- 1 cup mayonnaise
- 1/4 Tsp Salt
- 1/3 Tsp black pepper
- 3/4lb. ground veal
- 1 Tbsp. steak seasoning
- 3.5oz. cheese curds, very cold
- 3 Tbsp. Blue Cheese
- 1 Red Onion
- 1 cup Arugula Lettuce
- 3 Brioche Bun Slider buns

Instructions:

1. Begin by preparing the blueberry compote. In a saucepan, add your blueberries, sugar, lemon juice, and a pinch of salt. Cook on medium-low until blueberries break down and form paste, stirring occasionally. Turn all the way to low, stirring occasionally.
2. Move on to creating the garlic basil aioli. In a food processor or blender, process the basil, lemon juice, garlic, and oil until smooth, then add the mayonnaise and blend or stir to combine.
3. Prep your burgers by placing the veal and steak spices in a bowl and combine. Form 3 patties using only half of the veal mixture. Distribute the cheese curds in the center of each of the three sliders. Use the remaining veal mixture to create three more patties and combine to close cheese in the middle of the patties.
4. Preheat the Grill and oil the grates. Add the patties on the grates and cook for 2 minutes. Rotate 45 degrees and continue cooking for 2 minutes. Flip and repeat until the burgers come to an internal temperature of at least 160F confirmed by a meat thermometer.
5. Next assemble the burgers in the following order: Brioche bottom bun, 1 TSP Garlic Basil Aioli, Red Onion, Veal Burger stuffed with cheese curd, 1 TBS Blue Cheese, 1 TBS Blueberry Compote, Arugula Lettuce, and the Brioche Top



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