

THE CULINARY INSTITUTE OF AMERICA PRESENTS

The Professional Chef Discovers Trusted Veal from Europe Recipe Booklet

The Culinary Institute of America
Napa Valley, California



Culinary Institute
of America

Recipes developed by The Culinary Institute of America
as an industry service to Trusted Veal from Europe.

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PUERTO RICAN VEAL CARNE GUISADA WITH MOFONGO

Yield: 6 portions

Ingredients	Amounts
<i>Carne Guisada</i>	
Veal shoulder, 2-inch pieces	3 lbs.
Cumin, ground	1 tsp.
Chili powder	1 tsp.
Paprika	1 tsp.
Salt	2 Tbsp.
Pepper	2 tsp.
All-purpose flour	¼ cup
<i>Sofrito</i>	
Red bell pepper, seeded, chopped	1 cup
Green bell pepper, seeded, chopped	1 cup
Onion, minced	1 cup
Garlic, rough chopped	2 tsp.
Cilantro, rough chopped	½ cup
Canola oil	¼ cup
Achiote paste	2 Tbsp.
Oregano, dry	1 tsp.
Cumin seeds	1 tsp.
Bay leaves	2 ea.
Tomato puree	1 cup
Veal broth or water	1 qt.
Castelvetrano olives (or manzanilla), cut in half	½ cup
Marble potatoes	2 cups
Baby carrots, peeled, cut in half on bias	12 ea.
Cilantro, chopped	¼ cup
<i>Mofongo</i>	
Green plantains, peeled	3 ea.
Water	2 qt.
Salt	1 Tbsp.
Canola oil	½ cup
Garlic, finely minced	2 tsp.
Salt	2 tsp.
Extra virgin olive oil	¼ cup
Cilantro, minced	1 Tbsp.
Pepper, freshly cracked	1 tsp.

Method

1. *For the Carne Guisada:* Pat the veal dry, and toss with all the carne guisada seasoning. Allow to stand for 10 minutes.
2. *For the Sofrito:* Combine all the sofrito ingredients in a blender and set aside.
3. Heat a Dutch oven with the canola oil and sear the veal in batches, browning on all sides.
4. Set aside each batch on a paper towel to drain the excess fat, repeat with the remaining veal.
5. Drain the fat from the pan and add the sofrito, scraping up any brown bits, and allowing the sofrito to come to a boil.
6. Add the achiote paste, oregano, cumin seeds, bay leaves, tomato puree, and broth or water, stirring to combine.
7. Add the veal back into the pan and simmer gently covered for 45 minutes until the meat is tender.
8. Add the olives, potatoes, and carrots and cook for 10 minutes, uncovered, until the vegetables are tender. Stir in the chopped cilantro and cook until slightly thickened. Remove the bay leaves and keep warm.
9. *For the Mofongo:* Cut the plantains into 1-inch pieces. Mix water and 1 tablespoon salt together in a bowl and add the plantains. Allow to soak for 15 minutes. Drain.
10. Heat a sauté pan with canola oil on medium heat and add the plantains, cooking on both sides to a very pale golden brown until softened, about 5 minutes on both sides.
11. Remove and transfer to a paper towel to drain, keep warm.
12. Make a paste with the garlic and 2 teaspoons salt and add in the olive oil.
13. Mash the plantains while they are still warm and stir in the garlic paste.
14. *To Assemble:* Spoon the carne guisada on the plate, and add baby carrots, a few potatoes, and a quenelle of mofongo on the side. Garnish with cilantro and fresh cracked black pepper.

HERBED VEAL ROULADE, GLAZED DELICATA SQUASH, TOKYO TURNIPS AND TAPENADE COULIS

Yield: 6 portions

Ingredients	Amounts
Veal tenderloin	2 ea.
Basil leaves, fine chiffonade	¼ cup
Parsley leaves, fine chiffonade	¼ cup
Extra virgin olive oil	¼ cup + 2 Tbsp.
Salt	1 tsp.
White pepper	¼ tsp.
Pinenuts, toasted and chopped	¼ cup
Caul fat, soaked overnight in cold water	1 lb.
 <i>Squash and Tokyo Turnips</i>	
Delicata squash, medium size	2 ea.
Unsalted butter, cold	1 cup
Hakurei (Tokyo) turnips	18 ea.
Garlic cloves, peeled smashed	3 ea.
 <i>Glaze</i>	
Golden balsamic vinegar	1 cup
Brown sugar	1 Tbsp.
 <i>Tapenade Coulis</i>	
Kalamata olives, pitted	½ cup
Capers	1 Tbsp.
Dijon mustard	1 tsp.
Extra virgin olive oil	¼ cup

Method

1. Trim the tenderloins and butterfly open lengthwise. Pound slightly to a thickness of 1/3 inch. Set aside.
2. Combine basil, parsley, ¼ cup extra virgin olive oil, salt, white pepper, and pinenuts. Spread the mixture on one side of the veal.
3. Roll the veal up tightly and then roll in caul fat. Secure with twine.
4. Preheat oven to 350 degrees.
5. *For the Squash:* Cut the delicata squash ends off and clean out the seeds. (Toast and reserve for garnish if desired) and slice the squash into 1/3-inch rounds.
6. *For the Tokyo Turnips:* Trim the greens of the turnips, leaving an inch of stem at the top of each turnip. Roughly chop the greens and set aside.
7. Bring a large pot of salted water to a boil. Have an ice bath ready.

8. Blanch the turnips for 2-3 minutes and shock in ice water. Using a paring knife, peel the skin carefully and then slice each turnip in half.
9. Blanch the delicata squash for 1 minute until al dente and shock. Drain and reserve.
10. *For the Glaze:* Reduce the balsamic vinegar and brown sugar on medium heat in a small saucepan. Set aside when syrupy.
11. *For the Tapenade Coulis:* Place the olives, capers, and mustard in a blender and with the motor running, add the olive oil until a smooth paste is achieved.
12. Heat a large skillet with the reserved 2 tablespoons of olive oil and place veal in the skillet.
13. Brown the outside of the veal evenly and then place the pan into the oven for 10-12 minutes, until the center reached 135 degrees F. Remove from the oven and keep tented.
14. Heat a skillet with butter and garlic cloves and add the turnips and their greens. Wilt the greens and season with salt and pepper, add a touch of butter.
15. Warm the squash in a sauté pan with the glaze and a touch of butter.
16. When the veal is done, remove the twine and rest for 5 minutes. Cut into 2-inch sections.
17. *To Assemble:* Place turnips greens in a mound on the plate, top with the veal. Dot the plate with the tapenade coulis. Place 3 rings of squash and 5 pieces of the turnip on the plate.

GRILLED VEAL AND GREEN MANGO LETTUCE CUPS

Yield: 6 portions

Ingredients	Amounts
<i>Grilled Veal</i>	
Lemongrass, minced	1 Tbsp.
Shallot, minced	2 Tbsp.
Soy sauce	¼ cup
Sugar	½ cup
Veal eye round, sliced 1-inch thick	2 lbs.
<i>Fried Shallots</i>	
Shallot, thinly sliced	2 cups
Canola oil, for frying	2 cups
<i>Green Mango Salad</i>	
Green mango (or green papaya), shredded	3 cups
Green beans, thinly sliced on bias	1 cup
Red bell pepper, julienne	1 cup
Cilantro, chopped	¼ cup
Thai basil, chiffonade	¼ cup
Chili Lime Vinaigrette (recipe follows)	1 cup
Roasted peanuts, chopped	1/3 cup
Little gem lettuce	4-6 heads

Method

1. *For the Grilled Veal:* Combine the lemongrass, shallots, soy sauce, sugar in a bowl. Marinate the veal for 30 minutes and then drain from the marinade.
2. *For the Fried Shallots:* Place the shallots on a paper towel lined sheet pan for 30 minutes.
3. Heat a pot with oil to 275 degrees F.
4. Fry the shallots in batches until lightly golden brown. Drain and reserve. The fragrant frying oil can be cooled and used in preparing the Chili Lime Vinaigrette (recipe follows).
5. Heat a grill or griddle on high and grill until the veal reaches medium-rare. Cool and slice ¼-inch thick.
6. *For the Green Mango Salad:* Toss the mango, green beans, bell peppers, cilantro, and Thai basil with ¾ of the chili lime vinaigrette.
7. *To Assemble:* Separate the lettuce into individual leaves, top the leaves with the mango salad and fan the veal slices on top.
8. Garnish with peanuts and fried shallots.

CHILI LIME VINAIGRETTE

Yield: 1 Cup

Ingredients	Amounts
Garlic cloves, minced	2 ea.
Jalapeño, seeded, minced	1 ea.
Brown sugar	2 Tbsp.
Fish sauce	2 Tbsp.
Water	¼ cup
Lime Juice	2 Tbsp.
Shallot frying oil, cooled	½ cup

Method

1. Combine all ingredients together in a bowl except the oil.
2. Whisk in the oil to emulsify.

BERBERE-SPICED ROASTED RACK OF VEAL, SWEET POTATO PEANUT PUREE, GOMEN AND SHIRO

Yield: 6 portions

Ingredients	Amounts
<i>Berberé Spice Blend</i>	
Coriander seeds	1 tsp.
Fenugreek	1 tsp.
Cardamom pods	4 ea.
Allspice berries	2 ea.
Cinnamon stick, 1-inch piece	1 ea.
Cumin seeds	½ tsp.
Cloves, whole	2 ea.
Salt	2 tsp.
Ground ginger	¼ tsp.
Nutmeg, freshly grated	¼ tsp.
Onion powder	1 ½ tsp.
Garlic powder	½ tsp.
Sweet paprika	2 tsp.
Ancho chili powder	1 tsp.
Rack of veal	1 ea.
Olive oil	2 Tbsp.
<i>Sweet Potato and Peanut Puree</i>	
Sweet potatoes, peeled, cubed	2 lbs.
Ground ginger	½ tsp.
Chicken stock	4 cups
Peanut butter, smooth	½ cup
Lime juice	1 Tbsp.
Ancho chili powder	½ tsp.
Salt	1 tsp.
<i>Ethiopian Sautéed Greens: Gomen</i>	
Onion, chopped	2 cups
Garlic, chopped	2 Tbsp.
Ginger, peeled, chopped	2 Tbsp.
Olive oil	¼ cup
Collard greens, trimmed, ½-inch slices	2 Bu.
Jalapeño, thinly sliced	½ ea.
Salt	1 tsp.
<i>Ethiopian Chickpea Flour Stew: Shiro</i>	
Clarified butter	1 cup
Red onion, minced	1 cup

Garlic, minced	2 Tbsp.
Tomatoes, chopped	2 cups
Ground cumin	1 tsp.
Bay leaves	2 ea.
Chickpea flour	1 cup
Berberé spice	½ tsp.
Water	2 cups

Method

1. *For the Berberé Spice Blend:* Heat a small sauté pan and add all the whole spices and toast until very fragrant and you see wisps of smoke.
2. Remove, cool, add the rest of the spices and grind together. Reserve 1 teaspoon of the spice mixture for use in the shiro.
3. Preheat an oven to 350 degrees F.
4. Trim the veal, rub with oil, and cover the ends of the bones with foil.
5. Rub the rest of the spice all over the veal. Marinate for 20 minutes. Tie the rack in between each rib in order to maintain its shape during cooking.
6. *For the Sweet Potato and Peanut Puree:* Place all the ingredients in a pot, cover and simmer until the potatoes are very tender, then remove the cover and cook until the mixture is thick.
7. Puree the mixture in a food processor and return to the pot to keep warm.
8. *For the Gomen:* Puree the onion, garlic, and ginger to a smooth paste.
9. Heat a saucepan with oil and add the paste. Fry the paste, stirring continuously, for 5 minutes until the liquid has evaporated.
10. Add the collard greens in batches tossing to combine with the onion mixture. Cook on medium low for 10 minutes, stirring occasionally.
11. Add the jalapeño, and stir. Cook partially covered for 10 minutes until the greens are tender. There should not be much liquid left.
12. *For the Shiro:* Add ¼ cup of clarified butter to a saucepot and heat on medium high. Add the onion and garlic and cook until slightly caramelized. Add the tomatoes and cook covered until they break down, about 5 to 10 minutes.
13. Add the cumin, bay leaves and chickpea flour and stir to combine well. Mix in the water and the berberé spice. Bring to a boil, turn down low and simmer until thickened like a porridge consistency. Add the rest of the clarified butter and adjust the seasoning.
14. To cook the veal, heat a skillet with some olive oil and sear the rack until nicely browned.
15. Place the rack into the oven and turn occasionally until the internal temperature is 135 degrees. Rest for 10 minutes.
16. Remove the foil and slice in between the bones.
17. *To Assemble:* Place the sweet potato puree and shiro on a plate, top with the gomen and lay the veal on top.

Note: Slice the jalapeño for the gomen on a mandolin for thin pieces. You can also roast the veal rack in a wood-fired oven or pit.

SZECHUAN PEPPERCORN GRILLED PORTERHOUSE, GOAT CHEESE STUFFED FIGS, AND BLISTERED FIVE SPICE ITALIAN PEPPERS

Yield: 4 portions

Ingredients	Amounts
Veal porterhouse	2 ea.
Szechuan peppercorns, crushed	2 Tbsp.
Sesame oil	1 tsp.
Canola oil	1 Tbsp.
Maldon salt	1 Tbsp.
<i>Goat Cheese stuffed figs</i>	
Mission and honey figs	12 ea.
Goat cheese	1 lb.
Chives, minced	1 Tbsp.
Parsley, minced	2 Tbsp.
Extra virgin olive oil	2 tsp.
Salt	as needed
Sweet long peppers, such as Jimmy Nardello, Anaheim or banana	1 lb.
Five spice powder	1 tsp.
Salt	½ tsp.
Parsley leaves	¼ cup

Method

1. Preheat a grill to medium heat.
2. Season the porterhouse with peppercorns, sesame oil, canola oil, and salt. Set aside for 15 minutes.
3. *For the Goat Cheese Stuffed Figs:* Using a paring knife, cut a hole in the bottom of the figs and pierce through the center.
4. Mix the goat cheese, chives, and parsley together and place into a piping bag with a small tip.
5. Pipe the cheese mixture into the figs.
6. Coat with olive oil and salt and wrap the figs in a foil packet. Place on the grill and turn occasionally. Cook for 10-15 minutes until the figs are softened and the cheese is hot.
7. Place the veal on the grill and grill to desired doneness, making cross hatch marks on both sides.
8. While the veal is cooking, place the peppers on the grill and blister them until slightly blackened and softened, immediately dust with five spice powder and salt.
9. Serve the veal on a platter with the figs and peppers, garnished with parsley.

SMOKED VEAL SHANK WITH BEAN SALAD, AND MARROW HONEY BUTTER CORNBREAD

Yield: 6 portions

Ingredients	Amounts
Veal shank, 1-inch cut	2 ea.
Salt	1 Tbsp.
Pepper	½ tsp.
Dry thyme	½ tsp.
<i>Marrow Butter</i>	
Unsalted butter, room temperature	1 cup
Honey	¼ cup
Salt	½ tsp.
<i>Brie Cornbread</i>	
Cornmeal, lightly toasted	¾ cup
All-purpose flour	1 cup
Sugar	1/3 cup
Baking powder	2 tsp.
Salt	½ tsp.
Butter, melted	1/3 cup
Vegetable oil	3 Tbsp.
Whole milk	¾ cup
Egg	2 ea.
Egg yolk	2 ea.
Brie, cubed	6 oz.
<i>Bean Salad</i>	
Heirloom beans, cooked, such as scarlet runner, Christmas lima, or cranberry	2 cups
English cucumber, thinly sliced	3 cups
Red onion, thinly sliced	1 cup
Dill, rough chopped	¼ cup
Apple cider vinegar	1/3 cup
Sugar	2 Tbsp.
Salt	2 tsp.
Extra virgin olive oil	¾ cup

Method

1. Preheat an oven to 325 degrees F.
2. Season the veal shank all over with salt, pepper, and thyme. Place the shank standing upright in a roasting pan to maintain its shape. Roast the veal in the oven for 3 hours.

3. *For the Marrow Butter:* About an hour into the roasting process, check inside of the bone to see if the marrow has softened. If malleable, remove the marrow, and set it aside for the butter.
4. While the marrow is warm, whip it with the butter, honey, and salt until incorporated. Set aside.
5. Prepare a smoker with mesquite charcoal or wood chips to 250 degrees F.
6. When the meat is ready, place the shank in the smoker for 30 – 45 minutes.
7. *For the Brie Cornbread:* Preheat the oven to 350 degrees F. Butter an 8-inch cast-iron skillet.
8. Whisk the dry ingredients in a bowl. Make a well in the center. Add the wet ingredients and whisk together until just incorporated with the dry ingredients. Do not overmix. Stir in the cheese.
9. Pour the batter into the prepared pan and bake for 25-30 minutes until the center is just done. Cool for 5 minutes before slicing into wedges.
10. *For the Bean Salad:* Combine all the ingredients and adjust seasoning to taste.
11. *To Assemble:* Place the veal shank standing upright on a serving platter with the bean salad and cornbread. Serve the cornbread topped with the smoked marrow butter.

PEACH AND ONION STUFFED ROASTED VEAL LOIN WITH ROMESCO COULIS AND PATATAS BRAVAS

Yield: 6 portions

Ingredients	Amounts
<i>Roasted Veal</i>	
Veal loin, trimmed	3 lbs.
Unsalted butter	¼ cup
Onion, ½-inch diced	2 cups
Peaches, blanched, peeled, 1-inch diced	3 ea.
Thyme leaves, minced	2 tsp.
Salt	1 tsp.
White pepper	¼ tsp.
Jamón serrano or Ibérico, thinly sliced	¼ lb.
Canola oil	as needed
<i>Romesco Coulis</i>	
Onion, small dice	1/4 cup
Garlic cloves	2 ea.
Chili flakes	½ tsp.
Roma tomatoes, charred whole	1 ea.
Red peppers, roasted, peeled, seeded	1 ea.
Sherry vinegar	1 Tbsp.
Pepper	as needed
Salt	½ tsp.
Hazelnuts, toasted	¼ cup
Olive oil	1/3 cup
<i>Patatas Bravas</i>	
Water	2 qt.
Salt	1 tsp.
Potato, russet, medium	2 lbs.
Olive oil	1 qt.
Peaches, blanched, peeled, sliced	1 ea.

Method

1. Preheat an oven to 325 degrees F.
2. *For the Roasted Veal:* Using a long slicing knife make a hole in the center of the loin from end to end. Twist the knife back and forth to open the hole about 1 ½ -inches in diameter.
3. Heat a skillet with the butter and add the onions, browning them slightly before adding the peaches. Cook the onions and peaches until softened. Cool and place into a piping bag.
4. Pipe the mixture into the hole in the veal, filling the entire cavity.

5. Tie the loin with twine to ensure a good shape, adding a piece of foil to each end to secure the filling from falling out.
6. Season the loin with thyme, salt, and pepper.
7. Heat a skillet with canola oil and sear the veal evenly on all sides. Place into the oven and roast until 135 degrees F.
8. *For the Romesco Coulis:* Sauté onions in olive oil until soft, then add the garlic and the chile flakes. Remove from the heat and add the mixture to a blender with the tomatoes, roasted red bell pepper, sherry vinegar, pepper, salt, and hazelnuts. Puree until smooth.
9. With the blender motor running, drizzle in the olive oil until emulsified, adding water if necessary to thin out.
10. *For the Potatoes:* Place the water in a pot with salt, bring to a boil and then slowly simmer the potatoes for 15 minutes.
11. Once they are cooked, drain then peel the potatoes and slice them vertically into 3-4 pieces 1-inch thick.
12. Heat the olive oil in a skillet to 320 degrees F. to fry the potatoes in batches until crispy.
13. Remove the veal from the oven, tent with foil and rest for 10 minutes. Wrap the loin in the jamón and slice into ½- inch slices.
14. *To Assemble:* Dot the romesco coulis on the plate, top with a few potatoes, 2-3 slices of veal, and a garnish with the sliced peach.

FIG AND BALSAMIC GLAZED VEAL LOIN WITH MUSHROOM POLENTA CAKE, TOMATO SUGO AND PICKLED RAINBOW CHARD RELISH

Yield: 6 portions

Ingredients	Amounts
Veal loin, trimmed	3 lb.
Salt	2 tsp.
Pepper	½ tsp.
Fig jam	1 cup
Balsamic vinegar	1 cup
 <i>Chard Relish</i>	
Rainbow chard	1 bunch
Rice wine vinegar	1 cup
Salt	2 tsp.
Sugar	2 Tbsp.
Water	1/3 cup
Cloves, whole	4 ea.
Cinnamon, 1-inch piece	1 ea.
 <i>Polenta Cake</i>	
Olive oil	¼ cup
Shiitake mushrooms, stemmed, sliced	1 cup
Onion, minced	¼ cup
Garlic, minced	½ tsp.
Water	6 cups
Salt	1 tsp.
Masa harina	1 cup
Polenta	1 cup
Corn kernels, charred	1 cup
Parmesan cheese, grated	¼ cup
 <i>Tomato Sugo</i>	
Olive oil	2 Tbsp.
Garlic, minced	1 tsp.
Tomatoes, diced, very ripe	2 lbs.
Thyme sprig	1 ea.
Bay leaf, small	1 ea.
Salt	1 tsp.
 Olive oil for cooking	 as needed

Method

1. Preheat the oven to 350 degrees F.
2. Truss the veal loin with twine, and season with salt and pepper. Set aside.
3. Bring the fig jam and balsamic vinegar to a boil and set aside.
4. *For the Chard Relish:* Remove the leaves from the stems of the rainbow chard, wash and set the leaves aside for later.
5. Wash and peel the chard stems. Dice them into ¼-inch pieces and place into a bowl.
6. Boil the rest of the ingredients and pour over the chard stems, cover, and refrigerate for at least 1 hour.
7. *For the Polenta Cake:* Prepare a small casserole dish or half hotel pan with butter or olive oil.
8. Heat a saucepot with olive oil, add the mushrooms, and sauté until slightly browned. Add the onion and garlic and sauté about 1 minute.
9. Add the water and bring to a boil. Whisk in the salt, masa harina and polenta and continue whisking until the mixture starts to thicken.
10. With a wooden spoon or spatula continue stirring on low until the mixture thickens and pulls away from the sides of the pot, about 15 minutes. Stir in the corn and Parmesan cheese.
11. Pour the mixture into the prepared pan and smooth out. Lay plastic film directly on the surface and chill until hardened, cut into rounds.
12. *For the Tomato Sugo:* Heat a saucepan with olive oil and add garlic. Sweat until aromatic and add the rest of the ingredients. Simmer slowly for 30 minutes until tomatoes have broken down and the sauce has thickened. Puree and adjust seasoning.
13. Heat a skillet with olive oil and sear the veal on all sides until nicely browned. Place in the oven to roast to a doneness of 135 degrees F. About ½ way through roasting, brush the glaze all over the veal, reserving ½ for later. Slice into ½-inch slices.
14. Place the polenta cakes on a sheet pan, brush with olive oil or butter and place in the oven for 25 minutes to heat up and brown.
15. Heat a small skillet with olive oil and wilt the chard leaves, season with salt and pepper.
16. *To Assemble:* Spoon the tomato sugo in the center of the plate, drizzle around with the fig and balsamic reduction, top the sugo with a polenta cake, Swiss chard leaves, a slice of veal and garnish with the chard relish.

BULGOGI VEAL TACOS WITH ASIAN PEAR KIMCHI SALSA

Yield: 6 portions

Ingredients	Amounts
<i>Marinade</i>	
Soy sauce	¼ cup
Rice vinegar	2 Tbsp.
Sesame oil	2 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, minced	2 Tbsp.
Korean chili flakes or red pepper flakes	2 Tbsp.
Canola oil	as needed
Veal top round, cap off, 1 ½-inch slices	2 lbs.
<i>Kim Chi Salsa</i>	
Asian pear or bosc pear, Peeled, small dice	2 ea.
Kim chi, squeezed, small dice	2 cups
Red onion, small dice	1 cup
Cilantro, chopped	¼ cup
Rice vinegar	2 Tbsp.
Lime juice	2 Tbsp.
Salt	1-2 tsp.
Corn tortillas, small	12 ea.
Gochujang paste	3 Tbsp.
Avocado, sliced	2 ea.
Sour cream, thinned with lime juice	1 cup
Lime juice	as needed
Radishes, thinly slices	4 ea.
Scallions, thinly sliced	1 cup

Method

1. *For the Marinade:* Combine all the ingredients and add the veal. Refrigerate for 1 hour.
2. *For the Kim Chi Salsa:* Combine all salsa ingredients and keep refrigerated.
3. Remove the meat from the marinade.
4. Heat a griddle with some canola oil and cook the veal on high, turning the pieces often until cooked through and slightly charred.
5. Heat the tortillas over the open flame and keep warm, wrapped in foil.
6. *To Assemble:* Spread 1 teaspoon of gochujang on the tortilla and top with the bulgogi, then the salsa, avocado, sour cream, radishes, and garnish with scallions.

SOY AND WHISKEY VEAL RIBEYE WITH GRILLED ASIAN PEARS, BACON BREAD PUDDING AND GINGER HONEY ROASTED CARROTS

Yield: 6 portions

Ingredients	Amounts
<i>Soy Whiskey Ribeye</i>	
Veal ribeye, bone-in, trimmed	6 ea.
Soy sauce	¼ cup
Whiskey	½ cup
Pineapple juice	¼ cup
Brown sugar	2 tsp.
 <i>Bacon Bread Pudding</i>	
Bacon, small dice	2 oz.
Sourdough bread, cubed	3 qt.
Egg yolks	5 ea.
Eggs	2 ea.
Cream	1 cup
Milk	1 ½ cup
Salt	1 tsp.
Gruyere cheese	4 oz.
 <i>Grilled Asian Pears</i>	
Asian pears	2 ea.
Thyme leaves, minced	1 Tbsp.
Extra virgin olive oil	2 Tbsp.
Pepper	½ tsp.
Salt	1 tsp.
Lemon juice	1 Tbsp.
 <i>Ginger Honey Roasted Carrots</i>	
Honey	½ cup
Olive oil	¼ cup
Coriander seeds, toasted, lightly crushed	1 Tbsp.
Cumin seeds, toasted, lightly crushed	2 tsp.
Thyme sprigs	4 ea.
Ginger, grated	1 Tbsp.
Baby carrots, trimmed, halved lengthwise	18 ea.
 Butter	 ¼ cup

Method

1. *For the Soy Whiskey Ribeye:* Heat a water bath to 145 degrees F/ 60 degrees C.
2. Cut the veal into 1½-inch steaks and place the veal in a vacuum seal bag with 2 tablespoons of soy sauce, 2 tablespoons of whiskey, and 2 tablespoons of pineapple juice. Seal to 99%.
3. Place the rest of the marinade ingredients in a small saucepot and reduce to a syrupy consistency.
4. Place the bag into the water bath and make sure it is submerged. Cook for 2 hours to an internal temperature of 130 degrees. Remove from the bag and pat dry.
5. *For the Bacon Bread Pudding:* Preheat the oven to 325 degrees F.
6. Render the bacon in a skillet until crispy. Remove the bacon and add the bread to the pan and lightly brown.
7. Combine the egg yolks, eggs, cream, milk, and salt in a bowl. Soak the bread in the mixture for 15 minutes, stir in the cheese and bacon.
8. Butter a ½ hotel pan, bake for 30-40 minutes, covered, cut into squares once cooled.
9. *For the Asian Pears:* Cut the pears into 6-8 wedges removing the center core and tossing with thyme, oil, pepper, and salt.
10. Grill the pears on both sides until nicely charred and slightly softened. Drizzle with lemon juice.
11. *For the Carrots:* Preheat the oven to 425 degrees F. place the honey, oil, coriander, cumin seeds, thyme, and ginger in a large bowl with salt and pepper.
12. Add the carrots and mix well until coated, then spread them out onto a sheet tray. Roast in the oven for 15 minutes, stirring gently once or twice until thoroughly glazed.
13. Sear the veal in a hot skillet with the butter until brown, about 3-4 minutes per side, rest for 2-3 minutes after.
14. *To Assemble:* Place a round of bread pudding on the plate, a few pears next to it, 3-4 pieces of carrots, and rest the veal against the bread pudding. Drizzle with the whiskey soy reduction.

HOT PASTRAMI BURGER WITH SMOKED GOUDA, AND SAUERKRAUT ON A MARBLED RYE BUN

Yield: 6 portions

Ingredients	Amounts
<i>Burgers</i>	
Fresh breadcrumbs	1 oz.
Milk	4 oz.
Salt	2 tsp.
Ground veal	2 lbs.
<i>Spice Mixture</i>	
Black peppercorns	2 tsp.
Coriander seeds	2 tsp.
Mustard seeds	½ tsp.
Sweet paprika	1 tsp.
Onion powder	1 tsp.
Garlic powder	½ tsp.
Brown sugar	1 tsp.
Smoked Gouda, sliced thinly	12 ea.
Marbled rye bun, sliced in half	6 ea.
Butter	3 Tbsp.
Sauerkraut, rinsed and drained	2 cups
Mayonnaise	¾ cup
Whole grain mustard	½ cup

Method

1. *For the Burgers:* Place the breadcrumbs, milk, and salt in a bowl and soak the breadcrumbs until softened. Mix the veal with the breadcrumb mixture and combine to form six patties.
2. *For the Spice Mixture:* Toast the peppercorns, coriander, and mustard seeds in a dry pan. Let cool and grind them with the paprika, onion powder, garlic powder, and brown sugar.
3. Coat the burgers with the spice mixture.
4. Heat a grill on medium high heat. Grill the burgers to desired doneness adding a slice or two of cheese to each burger towards the end, to heat thoroughly and slightly melt.
5. *To Assemble:* Spread the bottom of the bun with the mayonnaise, and top with whole grain mustard. Place the burger on the bottom, top with sauerkraut, and top with the bun.

VEAL BAHN MI

Yield: 6 portions

Ingredients	Amounts
<i>Marinated Daikon and Carrots</i>	
Rice or distilled white vinegar	1 cup
Sugar	½ cup
Daikon, peeled, julienne	½ lb.
Carrots, peeled, julienne	1 lb.
Salt	1 tsp.
<i>Meatloaf</i>	
Canola oil	2 Tbsp.
Garlic, minced	1 Tbsp.
Shallot, minced	¼ cup
Five-spice powder	3 tsp.
Dried chili powder, ground	2 tsp.
Soy sauce	2 Tbsp.
Sugar	4 tsp.
Ground veal	2 lbs.
Water	½ cup
Eggs	2 ea.
Baguette pieces, 6-inch	6 ea.
Mayonnaise	¾ cup
Hoisin sauce	3 Tbsp.
Persian cucumber, seeded, sliced lengthwise	2 ea.
Cilantro sprigs	12 ea.
Jalapeño, thinly sliced	1 ea.
Salt	as needed
Pepper	as needed

Method

1. *For the Marinade Daikon and Carrots:* Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water, pat dry with paper towels and place in a bowl.
3. Add the vinegar mixture to the vegetables and let marinate for at least 1 hour before serving.
4. *For the Meatloaf:* Heat the oil in a medium skillet over moderate heat, add the shallots, and garlic and stir until fragrant, about 10 seconds. Remove from the heat and place into a bowl with the rest of the ingredients.

5. Mix well and form into a log. Place into the oven to roast until internal temperature reaches 155 degrees F. Cool slightly and slice into 1-inch slices.
6. To Assemble: Preheat the oven to 300 degrees F and put the baguette in the oven so that the outside is warm and crusty, about 5 minutes.
7. Cut the baguettes in half lengthwise, without separating it. Spread a thin layer of mayonnaise over the bread.
8. Place a slice of the meatloaf on each baguette and spread some hoisin on the meat, garnish with the marinated vegetables, cucumbers, cilantro, and chili, along with salt and pepper.