

# BLUE SLOPE FARM - VEAL RECIPES

## Crock Pot Osso Bucco

[www.vealrecipes.com](http://www.vealrecipes.com)

Chef Martino  
(4 servings)

4 tbsp extra virgin olive oil	2 med carrots, diced
1 tbsp butter	1 med onion, sliced thin
salt & pepper to taste	2 stalks celery, sliced thin
4 big veal shanks sliced 1" thick	4 garlic cloves, chopped
flour as needed	
1/2 cup white wine	3 tbsp chopped parsley
2 cups crushed Roma tomatoes	1 tbsp dried thyme
1 1/4 cups beef bouillon	1 tbsp dried oregano

### Gremolata:

1 lemon, zest only  
1 orange, zest only  
1 bunch flat leaf parsley, chopped  
4 garlic cloves, chopped

In a skillet, heat oil and butter over medium high heat. Season veal shanks with salt & pepper and dredge with flour. Brown veal on both sides set aside. Pour fat from pan. Add a bit of butter, then vegetables and garlic and sweat, covered.

De-glaze with white wine. Add tomatoes and beef broth and bring to a boil. Add herbs. Adjust seasoning. Put veal in a crock pot. Add vegetable mixture and cook on low for about 5 hours or until meat falls off the bone. Prepare Gremolata, combining lemon and orange zest with parsley and garlic in a bowl. Set aside. Transfer cooked meat to serving dish, ladle sauce over top and sprinkle with Gremolata.

## VEAL MARSALA

MyRecipes.com  
(4 Servings)

1 lb veal scaloppine (super-thin veal cutlets)  
1/4 cup all purpose flour, divided  
2/3 cup beef consommé  
1 tbsp butter  
1/2 cup dry marsala wine  
1 cup pre-sliced mushrooms  
1/4 tsp salt  
1 tbsp chopped fresh parsley

Dredge veal in 3-tablespoon flour. Combine 1-tablespoon flour and consommé, stirring with whisk; set aside. Melt butter in a large nonstick skillet over medium high heat. Add veal cook 1 1/2 minutes. Turn veal over cook 1 minute. Remove veal from pan. Add wine to pan, scraping pan to loosen browned bits. Add consommé mixture, mushrooms, and salt bring to boil. Reduce heat; simmer 3 minutes or until thick. Return veal to pan, sprinkle with parsley.

## Italian Style Veal Burgers

[www.vealrecipes.com](http://www.vealrecipes.com)

Chef Martino  
(6 Servings)

1 lb ground veal	1 tbsp grainy mustard
2 cloves garlic minced	1 tbsp creamy horseradish
1 egg, beaten	1 tsp dried Italian seasoning
1/3 cup dry bread crumbs	1/2 tsp kosher salt
1/3 cup grated Parmesan Cheese	1/4 tsp freshly ground pepper
2 tbsp minced green onion	6 crusty Italian buns

In a large bowl, combine veal, garlic, egg, breadcrumbs, cheese, green onion, mustard, horseradish, Italian seasoning, salt and pepper.

Shape into 6 patties (1/2 inch thick) Spray skillet or contact grills with vegetable cooking spray or oil. Place patties on grill, cook for 6 – 8 minutes, or until no longer pink and internal temperature has reached 160 degrees F. Garnish with your favorite toppings and serve in crusty Italian buns.

## Roasted Veal Chops with Lemon Olive Salsa

Lucy Waverman from Globe Life  
(4 Servings)

4 French cut veal chops 1 1/4" thick  
1 tbsp Dijon mustard  
1 tbsp chopped fresh lemon thyme  
salt and cracked pepper  
2 tbsp olive oil  
**SALSA**  
1/3 cup chopped parsley  
2 tbsp capers  
1 clove garlic, peeled  
1 tsp grated lemon rind  
3 anchovy fillets  
2 tbsp fresh breadcrumbs  
1/2 cup olive oil  
1 tbsp lemon juice  
1/4 cup chopped green olives  
Salt and freshly ground pepper

Rub chops with mustard and sprinkle with lemon thyme. Marinate 1 hour. Season with salt and cracked pepper. Preheat Oven to 450°  
Heat oil in large ovenproof skillet over med-high heat. Sear chops 2 minutes per side.

Transfer skillet to oven and roast chops for 10-12 minutes or until chops are pink inside. Combine parsley, capers, garlic, lemon rind, anchovies, and breadcrumbs in a food processor. Process until finely chopped. Add oil and lemon juice and process until just combined. Remove from food processor and stir in chopped olives, salt and pepper.

Serve veal chops with salsa and a mushroom risotto.

See the following sites for more recipe ideas:

[www.vealrecipes.com](http://www.vealrecipes.com)  
[www.myrecipes.com](http://www.myrecipes.com)