

Grilled Milk-Fed Veal Chop, Braised Purple Cabbage, Potato Pavé, Red Wine Reduction

Featured recipe for January 2019 in the Delicious Downtown St. Catharines calendar

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4 Servings

- 4 bone-in veal chops (ask your butcher to French the rib bones)
- 2 Tbsp. unsalted butter
- 2 white onions, julienned
- 1 head of purple cabbage, julienned
- 1 cup apple cider vinegar
- ½ cup brown sugar
- 6 Yukon gold potatoes
- ½ litre of 35% cream
- 750ml of red wine
- 1 cup white sugar
- Salt and pepper to taste
- 1 bay leaf
- 2 cloves

For Cabbage:

Preheat oven to 350°F. Heat large pan on medium high heat, add butter. When butter starts to bubble, add onions, cook until translucent. Add cabbage, stir occasionally for 5 minutes, add apple cider vinegar and brown sugar, stir until cabbage is soft but not mushy. Set aside.

For Pavé:

Spray casserole dish with non-stick spray. Wash and peel potatoes, cut into thin slices, overlap potato slices in bottom of the dish 4 layers high, add cabbage 1 layer high, sprinkle with salt and pepper and ¼ cup of the 35% cream. Repeat until casserole dish is full, finishing with a potato layer. Cover with foil and place in oven for 45 minutes.

For Red Wine Reduction:

Add red wine, sugar, bay leaf and cloves to a pot on medium heat, bring to a boil then turn down to low heat until it coats the back of a spoon. Strain off bay leaf and cloves, set aside.

For Veal Chop:

Preheat grill. Oil, salt and pepper both sides of chop. Place on hot grill; after 3 minutes turn 180 degrees, then flip after 3 minutes and turn 180 degrees after 3 minutes.

Plate:

Place 10 cm x 10 cm square piece of pave on the plate, add any vegetables. Lay veal chop on vegetables and pavé and ladle 3 tablespoons of red wine reduction over and serve.