

Seared Ontario Veal Striploin with Coriander Salsa in Cucumber Cups

Fresh cucumber cups make simple, stylish bases for these impressive hors d'oeuvres.

Veal:

10 oz (300 g) Ontario veal striploin
2 tsp (10 mL) North American seasoning or steak spice blend

Cucumber Cups:

2 English cucumbers

Coriander Salsa:

2 lbs (1 kg) Roma tomatoes, diced
1 cup (250 mL) diced Spanish onion
2 jalapeno peppers, diced
1/4 cup (50 mL) chopped fresh coriander, divided
2 tbsp (25 mL) minced garlic
2 tbsp (25 mL) rice wine vinegar
2 tbsp (25 mL) olive oil
salt and pepper to taste

Prepare striploin: Preheat grill or barbeque and season striploin with North American seasoning or desired steak spice blend. Sear over high heat, turning once, for approximately 30 seconds per side for rare. Cover striploin with foil and allow to cool in refrigerator for at least one hour. Once cool, dice into 1/4 inch (5 mm) cubes and set aside.

Make cucumber cups: Slice cucumber into 1/2 inch (1.5 cm) thick rounds. Using a melon baller, scoop centres out of rounds to form cups. Cover with plastic wrap and refrigerate.

Make salsa: In large bowl combine tomatoes, onion, jalapenos, 1 tbsp (15 mL) coriander, garlic, vinegar, oil, salt and pepper. Set aside.

In large bowl, combine cubed steak, 3/4 cup (175 mL) of the salsa mix and the remaining coriander and mix until well combined.

Arrange cups on a platter and top with approximately 1 tsp (5 mL) of the veal salsa mixture. Serve immediately.

Makes approximately 4 cups (1 L) of salsa and 30 canapes.



Stuffed Ontario Veal Meatballs

Even Nonna would approve of these authentic Italian meatballs. Made with lean Ontario ground veal and simmered in a rustic tomato sauce, they feature a deliciously decadent centre of melted cheese. The recipe calls for bocconcini but we like to substitute chevrai (soft, unripened goat cheese) instead.

1 can (796 mL) whole plum tomatoes
2 garlic cloves, chopped
1 tsp (5 mL) dried oregano
1 tsp (5 mL) dried basil
1-1/2 tsp (7 mL) salt, divided
1/4 cup (50 mL) finely ground bread crumbs
1/4 cup (50 mL) milk
1 egg, lightly beaten
1 lb (500 g) ground Ontario veal
1 cup (250 mL) coarsely grated onion
1/4 cup (50 mL) grated Parmesan cheese
1/4 cup (50 mL) chopped fresh parsley
1/4 tsp (1 mL) dried hot red pepper flakes
8 cocktail sized pieces of bocconcini (or substitute chèvre)
2 tbsp (25 mL) olive oil

Pulse tomatoes with their juice in a food processor until chopped. In a large heavy saucepan simmer tomatoes with garlic, oregano, basil and 1/2 tsp (2 mL) of the salt, uncovered, until thickened, about 20 minutes.

Preheat oven to 400°F (200°C).

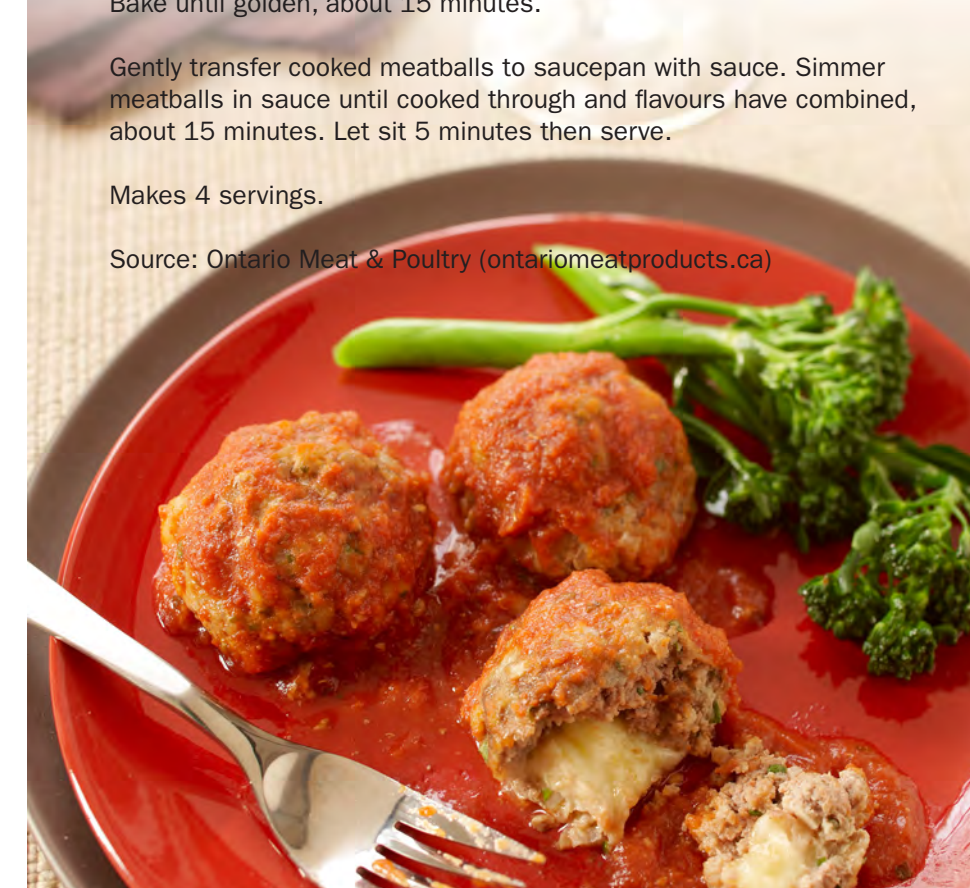
Meanwhile, in a bowl combine bread crumbs, milk and egg. Let stand 5 minutes. Add veal, onion, Parmesan, parsley, red pepper flakes and remaining salt and gently combine with your hands. Form into 8 large meatballs, inserting the cheese into the center of each.

Brush each meatball with oil and arrange on a foil lined baking sheet. Bake until golden, about 15 minutes.

Gently transfer cooked meatballs to saucepan with sauce. Simmer meatballs in sauce until cooked through and flavours have combined, about 15 minutes. Let sit 5 minutes then serve.

Makes 4 servings.

Source: Ontario Meat & Poultry (ontariomeatproducts.ca)



Appetizing Ontario Veal



Ontario Veal and Ginger Pot Stickers

These delicious dumplings are pan-fried and then steamed in water giving them a moist, flavourful filling, crispy bottom, and soft top.

1/2 lb (225g) ground Ontario veal
1 cup (500 mL) shredded Napa cabbage
1 green onion, minced
1 tbsp (15 mL) finely grated ginger
1 tsp (5 mL) sesame oil
1 tsp (5 mL) soy sauce
1/2 tsp (2 mL) sugar
1/2 tsp (2 mL) each salt and fresh cracked pepper
24 round dumpling wrappers
2 tbsp (25 mL) vegetable oil, divided
1 cup (250 mL) water, divided

In bowl, combine veal, cabbage, green onion, ginger, sesame oil, soy sauce, sugar, salt and pepper. Mix well with a fork.

Working with one dumpling wrapper at a time (keeping remaining covered with a damp cloth), Place a rounded teaspoonful of veal mixture in the center of the wrapper. Run your finger around the edge of the wrapper with a damp fingertip. Fold over to seal, pleating the edges to seal. Transfer to a lightly oiled plate and cover with a damp towel. Repeat with remaining wrappers and filling.

In a large non-stick skillet, heat 1 tbsp (15 mL) of the oil over medium high heat. Add half of the dumplings in a single layer, cook, until golden brown, about 1 minute. Quickly pour in 1/2 cup (125 mL) of the water; cover and steam until wrappers and filling are cooked through and bottoms are deep brown in colour, about 2-3 minutes.

Remove lid and flip dumplings over to lightly brown the other side, about 30 seconds. Transfer to plate. Repeat with remaining oil, dumplings and water. Serve immediately with soy dipping sauce.

Makes 24 pot stickers.



Ontario Veal Satay with Two Sauces

The wonderful Asian flavours of this marinade are perfect with veal. By making them ahead, they are terrific for easy entertaining. Both sauces are delicious and simple to make. You can serve both or double the amounts if you just want to serve one. Serve the satay on a large platter with decorative bowls for the dipping sauces.

Satay:

2 lbs (1 kg) veal cutlets (1/4 inch/5 mm thick)
3 tbsp (45 mL) soy sauce
2 tbsp (25 mL) vegetable oil
1 tbsp (15 mL) fish sauce (optional)
2 tsp (10 mL) grated lime or lemon rind
2 tbsp (25 mL) lime or lemon juice
2 tsp (10 mL) liquid honey

Peanut Sauce:

1/2 cup (125 mL) smooth peanut butter
1/4 cup (50 mL) soy sauce
1 tbsp (15 mL) liquid honey
2 tsp (10 mL) fresh ginger root OR 1/2 tsp (2 mL) ground ginger
1/4 tsp (1 mL) hot pepper sauce (or to taste)

Curry Mayonnaise:

1/2 cup (125 mL) light mayonnaise
2 tbsp (25 mL) lime or lemon juice
2 tsp (10 mL) yellow Indian curry paste OR 1 tsp (5 mL) curry powder
1 clove garlic, minced

Satays: Soak thirty-two 8-inch (20 cm) bamboo skewers in water for at least 30 minutes.

Cut veal into 1-inch (2.5 cm) wide strips. Thread onto skewers. Place in single layer in shallow dish. In bowl, whisk together soy sauce, oil, fish sauce (if using), lime rind and juice and honey; pour over skewers, turning to coat. Cover and refrigerate for at least 4 hours or up to 24 hours.

Remove satay from marinade, discarding marinade. Grill over medium heat or broil for about 2 minutes per side or until browned yet still pink inside. Serve with dipping sauce

Peanut Sauce: Whisk together peanut butter, soy sauce, honey, ginger root and hot pepper sauce until smooth. Serve immediately or cover and refrigerate for up to 1 day (warm to room temperature before serving). Serve with Veal Satay.

Curry Mayonnaise: Whisk together mayonnaise, lime juice, curry paste and garlic. Serve immediately or cover and refrigerate for up to 1 day. (If using curry powder, refrigerate for at least 4 hours before serving to allow flavours to develop). Serve with Veal Satay.

Makes 32 satay.



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