

ONTARIO VEAL

Deliciously Versatile

Choosing Ontario veal makes creating a low-fat, elegant meal a quick and easy task. Veal's versatility allows it to be easily incorporated into recipes that you typically make with beef, chicken, or pork. Grain-fed and milk-fed veal are easily interchangeable with other meats in any of your favourite recipes.

Tender Taste

When purchasing Ontario veal there are two types to choose from: milk-fed and grain-fed. Milk-fed veal is a tender, light-pink coloured meat with a mild taste and soft texture while grain-fed veal is a tender, dark-pink coloured meat with a mild beef-like taste.

Lean and Nutritious

Nutritionally speaking, veal is a very lean meat (with 7.5 grams of fat or less) and is an excellent source of protein, iron and zinc. According to nutrient analysis Ontario veal meets or exceeds other meat protein sources in terms of nutritional benefits.

Caring and Proud

Ontario's veal is a high-quality product produced by caring farm families dedicated to providing you with tender, delicious veal. They carefully adhere to the highest production standards and are proud to stand behind a product of great quality and consistency that everyone can enjoy. Ontario's veal farmers—proud of what we do!



For more great recipes and cooking tips check out
www.ontarioveal.on.ca

ONTARIO VEAL

Quick & Easy Meals with Ontario Veal



Spiced Veal Pita Pockets

In large skillet, cook veal over medium-high heat, breaking up with spoon, until no longer pink and beginning to brown; drain off any fat. Reduce heat to medium and add onion, garlic, oregano, mint (if using), cinnamon, salt and pepper; cook, stirring, for about 8 minutes or until onion is very soft. Stir in lemon juice.

Meanwhile, cut top 1/3 off of each pita and place inside bottom of pita. Line pita with lettuce leaves; spoon in half of the yogurt. Add veal filling and top with remaining yogurt, tomatoes and cucumber. Makes 4 servings.

| | | |
|---------|-----------------------------|--------|
| 1 lb | lean ground Veal | 500 g |
| 1 | small onion, finely chopped | 1 |
| 2 | cloves garlic, minced | 2 |
| 2 tsp | dried oregano | 10 mL |
| 1 tsp | dried mint (optional) | 5 mL |
| 1/2 tsp | salt | 2 mL |
| 1/4 tsp | each cinnamon and pepper | 1 mL |
| 1/4 cup | lemon juice | 50 mL |
| 4 | small pita breads | 4 |
| 4 | large lettuce leaves | 4 |
| 1/2 cup | plain yogurt or sour cream | 125 mL |
| 1 | tomato, diced | 1 |
| 1/2 cup | diced cucumber | 125 mL |

Nutrition Information Per Serving:
388 Calories, 30.6 g Protein, 9.1 g Fat, 45.0 g Carbohydrate

Veal's mild flavour and delicate texture is a perfect base for many of the exciting combinations of these quick and easy meals. Not only do they taste great but they are fast and simple to make.



Orange Ginger Stir-Fry

Combine orange juice, soy sauce, garlic and ginger. Pour over veal strips and marinate 15-30 minutes or up to 2 hours for increased flavour intensity. Drain and discard marinade. Pre-heat wok or large deep skillet with enough oil to prevent

sticking. Cook veal strips quickly until just done (approx. 3-4 minutes). Remove veal. Add vegetables, such as pepper strips, onions, snow peas, etc., and stir-fry 2-3 minutes more. Return veal to pan and heat through. Serve over noodles, rice, or couscous. Makes 4 servings.

| | | |
|------------|---|--------|
| 1 lb | Veal loin or round, cut into bite size strips | 500 g |
| 1/4 cup | orange juice concentrate | 50 mL |
| 1/4 cup | soy sauce | 50 mL |
| 1-2 | cloves minced garlic | 1-2 |
| 1 tbsp | fresh ginger, minced | 15 mL |
| 1-1/2 cups | assorted fresh vegetables | 375 mL |

Nutrition Information Per Serving:
212 Calories; 26 g Protein, 5.4 g Fat, 11 g Carbohydrates

Veal Parmigiana

Combine breadcrumbs and Parmesan cheese. Coat veal slices in seasoned flour, then beaten egg, then breadcrumbs/Parmesan mixture. Heat small amount of the oil in a non-stick skillet on medium-high. Fry veal slices 3 to 4 minutes on each side, until browned and veal is cooked through. Remove to serving dish and keep warm. Repeat with remaining slices. Add tomato sauce to skillet with thyme and cayenne and heat to boiling. Simmer 5 minutes and serve over veal slices, sprinkling with cheese, if desired. Makes 4 servings.

| | | |
|---------|--------------------------------------|--------|
| 1/2 cup | breadcrumbs | 125 mL |
| 1/2 cup | grated Parmesan cheese | 125 mL |
| 1 lb | Veal slices | 500 g |
| 2 tbsp | flour, seasoned with salt and pepper | 30 mL |
| 1 | egg | 1 |
| 2 tbsp | oil | 30 mL |

| | | |
|---------|---|--------|
| 1 cup | tomato or spaghetti sauce | 250 mL |
| | pinch each dried thyme and cayenne | |
| 1/2 cup | grated Mozzarella or Parmesan cheese (optional) | 125 mL |

Nutrition Information Per Serving:
403 Calories; 34 g Protein, 17 g Fat, 25 g Carbohydrates

Sesame Teriyaki Veal Stir-Fry

In bowl, whisk together cornstarch and water. Whisk in teriyaki sauce, rice vinegar and sesame oil; set aside. Heat large non-stick skillet over high heat and spray with nonstick cooking spray; add veal and stir-fry for 2 minutes. Add carrots, garlic and onion; stir-fry for 3 minutes or until onions are softened. Whisk teriyaki mixture and pour into pan. Add corn and snow peas; cook, stirring, for about 3 minutes or until sauce is thickened and vegetables are tender-crisp. Serve sprinkled with toasted sesame seeds, if desired. Makes 4 servings.

| | | |
|---------|--|--------|
| 2 tbsp | cornstarch | 30 mL |
| 2 tbsp | water | 30 mL |
| 1/2 cup | teriyaki sauce | 125 mL |
| 1 tbsp | rice vinegar or lemon juice | 15 mL |
| 1 tbsp | liquid honey | 15 mL |
| 2 tsp | sesame oil | 10 mL |
| 1 lb | Veal cutlet, cut in strips | 500 g |
| 4 | carrots, thinly sliced | 4 |
| 2 | cloves garlic, minced | 2 |
| 1 | onion, sliced lengthwise | 1 |
| 1 | can (14 oz/398 mL) baby corn, drained (or 1 cup/250 mL corn kernels) | 1 |
| 2 cups | snow peas, halved if large | 500 mL |
| | toasted sesame seeds (optional) | |

Nutrition Information Per Serving:
343 Calories; 29.4 g Protein, 6.8 g Fat, 44.9 g Carbohydrate



Honey Dijon Veal Chops

In shallow dish, combine honey, mustard, thyme, salt and pepper. Place chops in dish, turning to coat. Place on greased grill over medium heat; pour over any remaining honey mixture. Grill for about 4 minutes per side for medium doneness or until desired doneness. Makes 4 servings.

| | | |
|---------|--|-------|
| 2 tbsp | liquid honey | 30 mL |
| 2 tbsp | Dijon mustard | 30 mL |
| 1/4 tsp | dried thyme | 1 mL |
| 1/4 tsp | each salt and pepper | 1 mL |
| 4 | Veal loin or rib chops, or boneless strip loin | 4 |

Nutrition Information Per Serving:
241 Calories; 34.7 g Protein, 6.0 g Fat, 10.8 g Carbohydrate

Veal & Sweet Pepper Fajitas

In large skillet, heat oil over medium-high heat; cook veal, onion, chili powder, cumin and salt, stirring, for about 3 minutes or until veal is browned. Add red and green peppers; cook, stirring, for 2 minutes or until tender-crisp. Add lime juice and chipotle sauce (if using) and cook, stirring, until veal is just slightly pink inside and most of liquid is evaporated. Spoon filling along centre of tortillas; fold up bottom and fold over both sides to enclose. Makes 4 servings. (As pictured on front)

| | | |
|---------|----------------------------------|----------------------|
| 1 tbsp | vegetable oil | 15 mL |
| 1 lb | Veal strips | 500 mL |
| 1 | onion, sliced | 1 |
| 2 tsp | chili powder | 10 mL |
| 1 tsp | ground cumin | 5 mL |
| 1/2 tsp | salt | 2 mL |
| Half | each sweet red and green pepper | Half cut into strips |
| 2 tbsp | lime juice | 30 mL |
| 1 tbsp | smokey chipotle sauce (optional) | 15 mL |
| 4 | large flour tortillas, heated | 4 |

Nutrition Information Per Serving:
336 Calories; 30.2 g Protein, 6.2 g Fat, 38.2 g Carbohydrate

Veal Chops with Red Pepper and Tomato Relish

Sprinkle veal chops with salt and pepper. In large skillet, heat oil over medium-high heat; brown chops, in batches as necessary, for about 2 minutes per side, turning once. Transfer to plate.

Reduce heat to medium and add green onion to pan; cook, stirring, for 30 seconds. Add red pepper jelly and tomatoes; bring to boil, stirring. Boil gently until jelly is melted and tomatoes are softened. Whisk cornstarch with water and gradually stir into pan.

Reduce heat and simmer, stirring, for 1 minute or until thickened and clear. Add veal back to pan, turning to coat. Simmer for 1 to 2 minutes or until veal is desired doneness. Serve with relish over veal. Makes 4 servings.

| | | |
|---------|------------------------|--------|
| 4 | Veal loin or rib chops | 4 |
| 1/4 tsp | each salt and pepper | 1 mL |
| 1 tbsp | olive oil | 15 mL |
| 1 | green onion, chopped | 1 |
| 1/2 cup | hot red pepper jelly | 125 mL |
| 2 | tomatoes, diced | 2 |
| 1 tbsp | cornstarch | 15 mL |
| 1 tbsp | water | 15 mL |

Nutrition Information Per Serving:
288 Calories; 23.7 g Protein, 7.4 g Fat, 32.3 g Carbohydrate



Grilled Veal Caesar Salad

In bowl, combine lemon rind and juice, garlic and mustard. Pour 2 tbsp (30 mL) over veal in a shallow dish. Set remaining lemon mixture aside. Grill veal over medium heat, turning once, for about 5 minutes or until desired doneness. Transfer to cutting board and let cool slightly.

Meanwhile, whisk Parmesan, mayonnaise and oil into reserved lemon mixture to make dressing. Toss with lettuce until coated. Divide among four serving plates.

Cut veal into strips; arrange on top of salad. Sprinkle with croutons and serve with lemon wedges. Makes 4 servings.

| | | |
|---------|--------------------------------|-------|
| 1 tsp | grated lemon rind | 5 mL |
| 1/4 cup | lemon juice | 50 mL |
| 2 | cloves garlic, minced | 2 |
| 2 tsp | Dijon mustard | 10 mL |
| 1 lb | Veal cutlets | 500 g |
| 2 tbsp | freshly grated Parmesan cheese | 30 mL |
| 1/4 cup | light mayonnaise | 50 mL |
| 1 tbsp | olive oil | 15 mL |
| 12 cups | torn romaine lettuce | 3 L |
| | croutons | |
| | lemon wedges | |

Nutrition Information Per Serving:
287 Calories; 28.4 g Protein, 6.5 g Fat, 15.4 g Carbohydrates