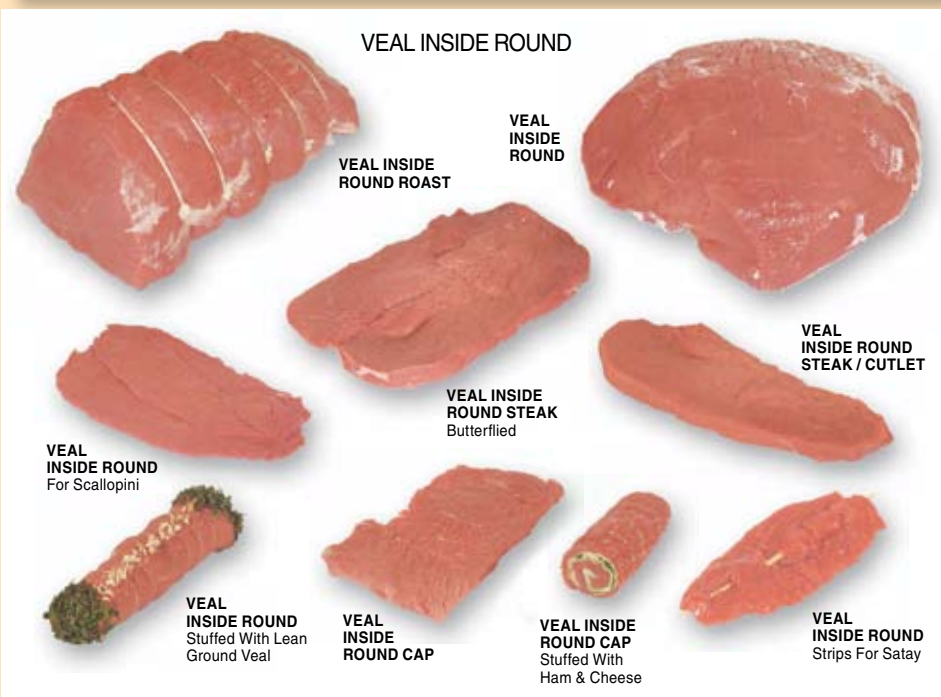
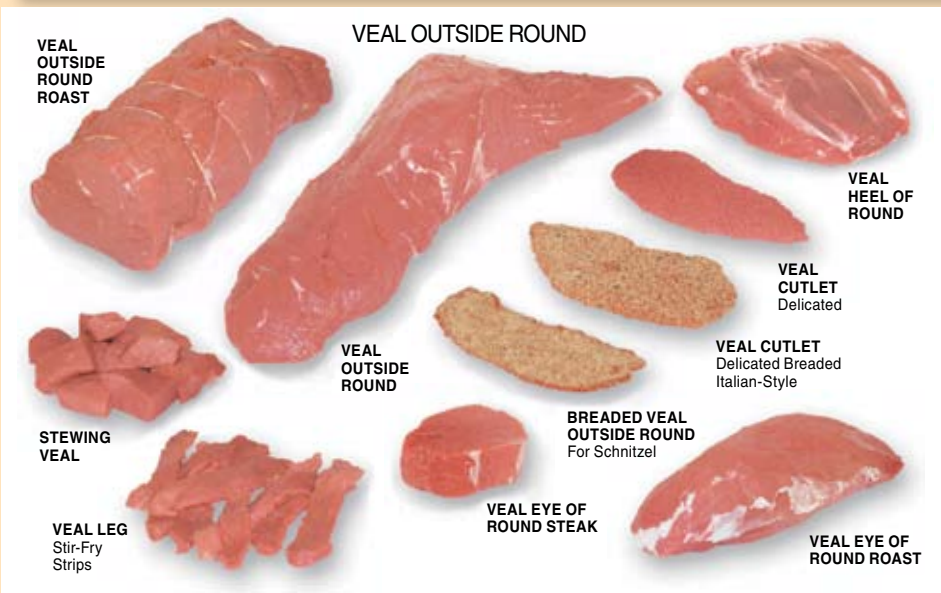
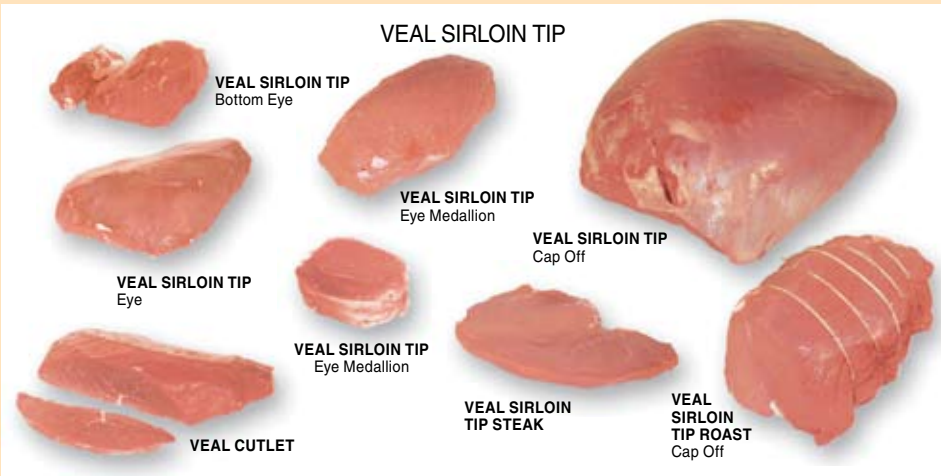
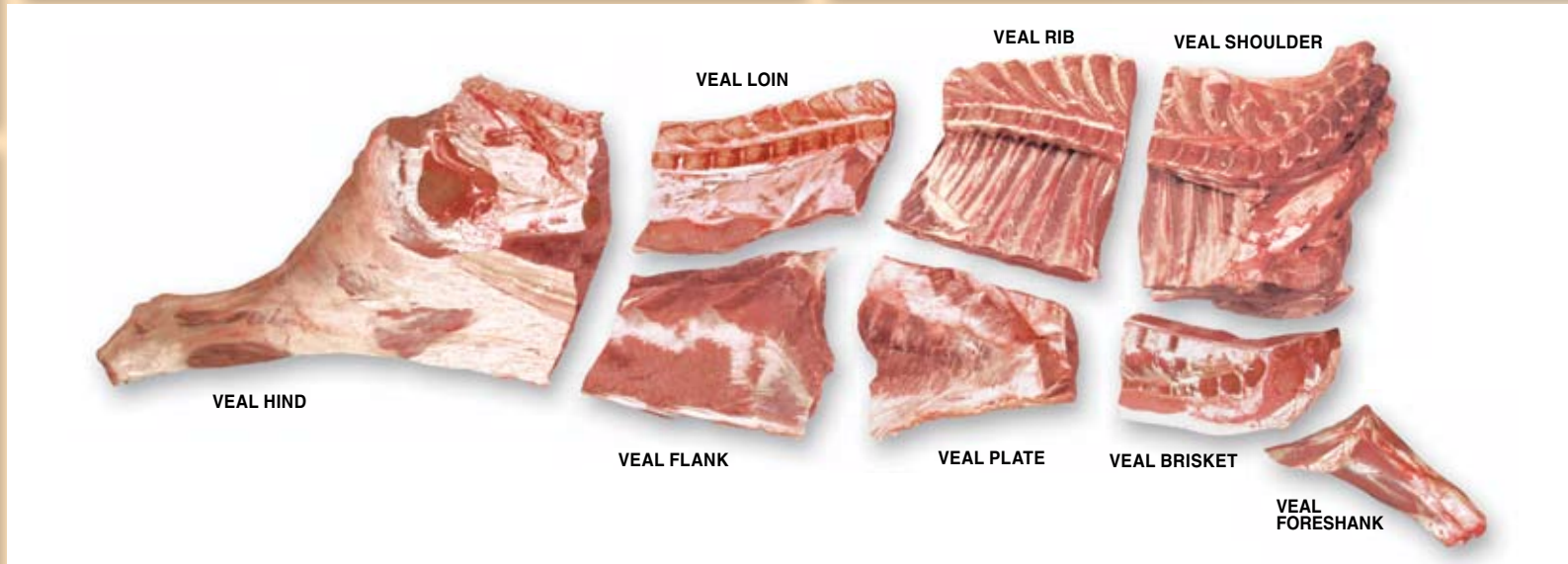


## VEAL LEG



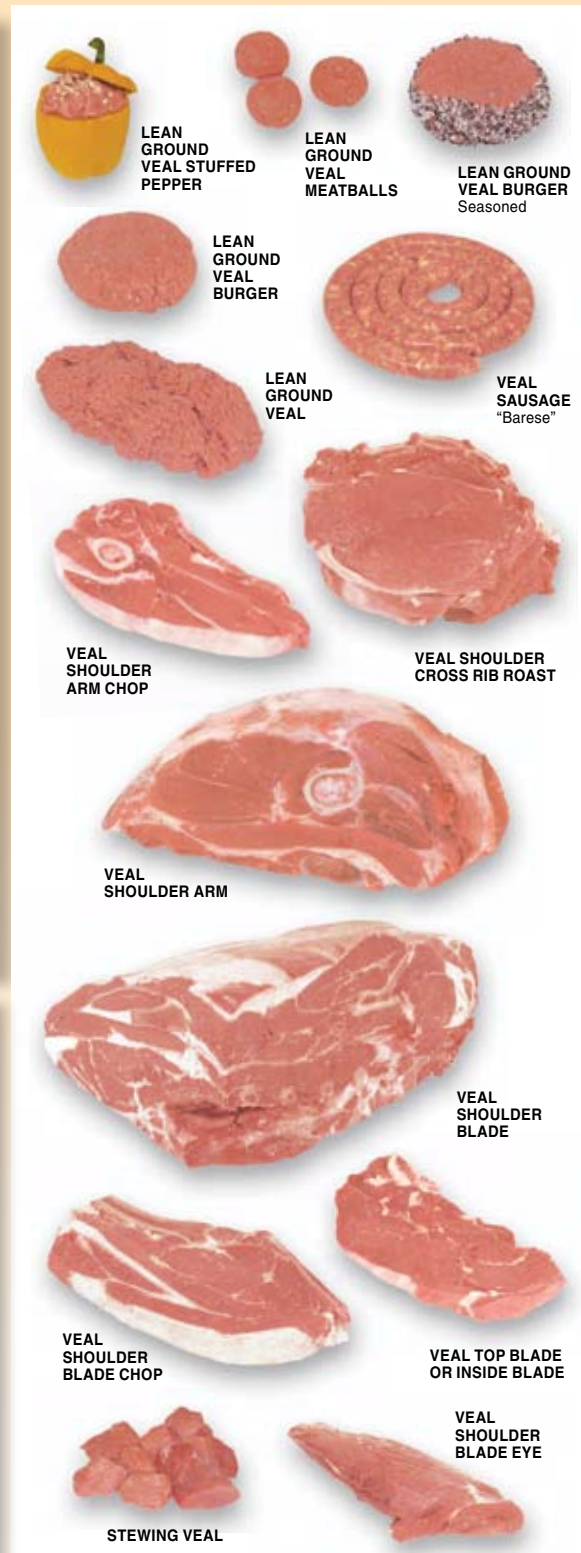
## VEAL LOIN



## VEAL RIB



## VEAL SHOULDER



## VEAL BREAST



In Ontario there are two types of veal produced: grain-fed veal and milk-fed veal. Each type of veal offers a unique flavour, texture and colour. Milk-fed veal has a distinctively lighter colour than grain-fed veal. The cuts and related nomenclature in this chart apply to both milk-fed and grain-fed veal.

**NOMENCLATURE:** The bold print is the required nomenclature for each cut. The italicized print indicates optional modifiers.

For further information:  
[www.ontariovealappeal.ca](http://www.ontariovealappeal.ca)

Milk-fed veal

Grain-fed veal



# COOKING INSTRUCTIONS FOR VEAL

VEAL IS A DELICATE, LEAN AND TENDER MEAT THAT CAN BE OVER-COOKED EASILY. TO MAINTAIN THE MOUTHWATERING TENDERNESS OF VEAL, KEEP THESE COOKING TIPS IN MIND. THE KEY TO A SUCCESSFUL VEAL DISH IS CAREFUL COOKING!

## ROASTING

Pre-heat oven to 160°C (325°F). Prepare according to recipe. Place veal roast, fat side up, on a rack in a shallow roasting pan. Insert oven proof meat thermometer so tip is centered in thickest part. Do not add water or cover. Remove when thermometer reads 68°C (155°F) for medium, 74°C (165°F) for well. Let stand 15 minutes. Veal will continue to cook and temperature will continue to rise 3°C (5°F) to reach desired doneness and roast will be easier to carve.

## Guidelines for Roasting Veal

Type of cut	Weight	Meat thermometer reading	Approximate Cooking time (hours)	Oven temperature
Leg rump or round roast	2.3 kg to 3.7 kg (5 lbs. to 8 lbs.)	70°C to 77°C (160°F to 170°F)	2 to 3 1/4	160°C (325°F)
Loin roast	1.9 kg to 2.7 kg (4 lbs. to 6 lbs.)	70°C to 77°C (160°F to 170°F)	2 to 3	160°C (325°F)
Rib roast	1.4 kg to 2.3 kg (3 lbs. to 5 lbs.)	70°C to 77°C (160°F to 170°F)	1 3/4 to 3	160°C (325°F)
Shoulder Roast <i>Boneless</i>	1.9 kg to 2.7 kg (4 lbs. to 6 lbs.)	70°C to 77°C (160°F to 170°F)	2 3/4 to 4	160°C (325°F)

## PAN-FRY / SKILLET SAUTÉ

This method is commonly used for veal scaloppini. Heat a small amount of oil [approx. 15 mL (1 tbsp)] in a skillet over medium-high heat until hot. Prepare veal according to recipe and place in a preheated skillet (do not overcrowd). Season if desired. Do not cover or add water. Turn once and continue cooking until done [approximately 3-4 minutes per side].

## BRAISING

In a large, heavy skillet or Dutch oven over medium-high heat, add a little oil [approx. 15 mL (1 tbsp)] and brown the meat on all sides; spoon off drippings. Season meat and add a little liquid [50 mL (1/4 cup)] if needed. Less tender cuts may require more liquid. Cover the pan tightly to keep in the steam and simmer the meat over low heat or in a preheated 160°C (325°F) to 180°C (350°F) oven until fork-tender, (approximately 2 to 3 hours depending on the size).

## STEWING

Dust stewing veal on all sides with flour before browning as this will help retain the meat juices and thicken any liquid used. In a heavy saucepan over medium-high heat with a little oil [approx. 25 mL (1 tbsp)], brown veal pieces on all sides, a few at a time, removing them as they brown. When all veal pieces are browned, return them to the pan. For a light stew, omit flouring and browning. Add hot or cold liquid just enough to cover the meat. Season if desired, cover and simmer (do not boil) until the meat is fork-tender [approximately 2 hours]. Time the addition of vegetables to the stew so the meat and the vegetables are ready to eat at the same time. When done, remove both meat and vegetables to a warm dish and keep hot. If desired, thicken the remaining liquid to make a gravy or sauce.

## ROTISSERIE

Veal roasts, (leg, loin, rib or sirloin) are best for rotisserie cooking. There are so many advantages to rotisserie cooking. Meats are usually moister as they self-baste while slowly roasting. Although grilling is done over a relatively hot fire, rotisserie cooking requires far less heat.

Some items may be large and hence will get very close to the fire. When using a charcoal grill build the fire around the edges so no coals are directly underneath the meat. More coals will be required every 30 minutes to keep the fire stoked, until the meat has reached the desired internal temperature. When using a gas grill the burner should be kept on low during cooking. A drip pan placed directly under the food will catch all the great flavour drippings for gravy and will avoid flare-ups.

Remember to place the meat in the middle of the skewer in a balanced and secure position and fasten as firmly as possible. Once the meat is secure, roll the skewer in the palms of your hands to make sure there is good balance, checking for a possible heavy side which may cause uneven cooking. Adjust for good balance.

When cooking with the rotisserie method, consult a roasting chart as a guide for time, but use a meat thermometer to determine desired doneness.



## GRILLING / BARBEQUING

Veal should be grilled over medium coals or medium-high gas heat, to prevent charring on the outer side before centre is cooked. Brush the grill with oil to prevent the veal from sticking, prior to placing it on the grill. Cook veal chops and kabobs to medium doneness (centre will be slightly pink). Avoid frequent turning of the meat. Veal cooked on the barbeque should be at least 1.9 cm (3/4 inch) thick for best results. Place veal on the grill and cook for 7 minutes, turn meat and cook for another 5 minutes to achieve medium rare results. Use tongs and not a fork to avoid piercing the meat and releasing the juices. Let the meat rest for 5 minutes after removing from the grill before enjoying.

Ground veal burgers and other recipes using ground veal must be cooked thoroughly. To determine doneness a digital thermometer inserted sideways into the centre of each patty should read at least 71°C (160°F). To avoid cross contamination, always place cooked meat on a clean serving plate.

## BROILING

Veal steaks and chops that are best for broiling are 1.9 cm (3/4 inch). Place the veal on the broiler pan rack, 10 cm (4 inches) from heat. Broil meat until top is browned then turn until done. [approximately 3-5 minutes for each side for medium rare results]. Season if desired.

## ONTARIO VEAL: NUTRITIOUS AND DELICIOUS

Finding great tasting food that naturally provides the body with high quality nutrition can be challenging. In today's complex and changing world, good nutrition is more important than ever, Ontario veal provides an ideal combination of great taste and nutrition.

Ontario veal is a delicious, lean, nutrient-packed, high-quality protein that is an ideal choice for today's healthier lifestyle needs. In fact, compared to other meats such as pork, beef and chicken, all veal cuts are extra lean (7.5 g of fat or less per 100 g portion) and contain a very low amount of saturated fat. Veal is also an excellent source of iron, zinc and Vitamin B<sub>12</sub> which are essential for overall good health including physical and mental performance, infection resistance and proper growth respectively.

## Nutritional Comparison

100 g portion cooked, lean only	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vitamin B <sub>12</sub> (mcg)
Veal Cutlet <i>Pan Fried***</i>	183	37	0	3.0	1.9	4.6	3.3
Veal Blade Steak <i>Braised***</i>	193	34	0	5.1	3.7	9.8	3.1
Veal Rib Chop <i>Roasted***</i>	188	31	0	6.3	2.3	4.8	2.6
Veal Shoulder Roast <i>Roasted***</i>	170	31	0	3.9	2.5	7.3	3.6
Chicken Breast <i>Skinless, Roasted*</i>	159	33	0	2.1	0.6	1.0	0.3
Beef Top Sirloin Steak <i>Broiled*</i>	186	29	0	6.7	3.1	5.7	2.9
Pork Leg, Butt End <i>Roasted*</i>	207	31	0	8.0	1.1	3.1	1.2
Fish Halibut, Atlantic & Pacific <i>Broiled*</i>	140	26	0	3.1	1.0	0.5	0.08

Source: \*Canadian Nutrient File, 1997

<sup>†</sup>Nutrient Composition Ontario and Quebec Grain-Fed and Milk-Fed Veal, 2000



\*\* The Heart and Stroke Foundation's Health Check™ Program is your assurance that this product meets specific nutrient criteria based on Canada's Food Guide. These cuts of meat are lean. Choosing leaner meats is part of healthy eating. The Ontario Veal Association financially supports the Health Check™ education program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)

[www.ontariovealappeal.ca](http://www.ontariovealappeal.ca)



## ONTARIO VEAL HAS TASTE!

At the grocery store or butcher shop, there truly is nothing else like Ontario veal. Ontario produces both milk-fed and grain-fed veal, each with its own unique flavour profile. The milk-fed is light pink in colour, very tender with a subtle taste. Grain-fed veal is a darker pink, also very tender but with a mild beef flavour. In both cases Ontario veal tends to absorb the flavours it is cooked with making it the perfect canvas on which to paint your favourite seasonings and sauces.

The possibilities are endless when it comes to Ontario veal. It has a vast assortment of available cuts that can be, among other things, grilled, sautéed, braised, roasted, slow-cooked and pan-fried. Because of its subtle character which tends to take on the flavours it is cooked with, Ontario veal is also a lean alternative in recipes calling for other meats.

*For more information about Ontario veal or to find some exciting veal recipes go to:*

[www.ontariovealappeal.ca](http://www.ontariovealappeal.ca)

