

## CHEF'S RECIPE OF THE WEEK

# Roasted Rack of Veal with Lemon, Caper & Tarragon Crust

### Center-of-the-Plate Recipe Suggestion

Serves: 12

#### Ingredients

1 6-rib trimmed (but not frenched) veal rack with the chine bone removed  
Kosher salt and freshly ground black pepper  
2 Tbs. olive oil  
1/4 medium red onion, roughly chopped  
1/4 cup capers, drained and rinsed  
1/4 cup fresh lemon juice  
2 Tbs. Dijon mustard  
1 large egg  
3/4 cup Panko  
1/3 cup roughly chopped fresh tarragon  
1/4 cup freshly grated parmesan cheese  
2 scallions thinly sliced (about 1/2 cup)  
Finely grated zest of 1 medium lemon

#### Directions:

Let the roast sit at room temperature for 30 minutes. Position a rack in the middle of the oven and heat the oven to 400°F. Put a roasting rack in a roasting pan or a heavy-duty rimmed baking sheet. (Season the veal liberally with salt and pepper on all sides. Heat the oil in a 12-inch skillet over medium-high heat. When the pan is very hot, brown the meat on all sides, including the ends, about 3 minutes per side. Transfer the meat to the roasting rack, meaty side up. Set aside to cool while you prepare the crust.

Purée the red onion, capers, lemon juice, mustard, and egg in a food processor. The mixture will be fairly loose.

In a small bowl, stir the breadcrumbs, tarragon, parmesan, scallions, and lemon zest.

When the veal is cool enough to touch, pour the onion purée over the meat, using a spatula to spread it evenly. Some of the mixture will spill off the roast and into the pan—that's fine.

Pat the breadcrumb mixture into the onion purée on the top and sides of the rack of veal, pressing slightly to help the crust adhere.

Roast the veal until an instant-read thermometer inserted into the thickest part of the meat reads 125° to 130°F for medium rare, 70 to 90 minutes, depending on the size of the rack. (To keep the crust from overbrowning, start checking on the roast after 30 minutes of cooking; when the crust is golden brown, tent it with a sheet of aluminum foil.)

Remove the veal from the oven and let rest for 15 minutes (it will continue to cook as it rests) carve into single chops and serve.



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## Roasted Rack of Veal with Lemon, Caper & Tarragon Crust

Serves - 12 for \$330.00

	Plate/Serving	Total	%
Price:	\$27.50	\$330.00	
Cost:	\$10.85	\$130.16	39.44
Profit:	\$16.65	\$199.84	60.56

SUPC	S	Description	Brand	Qty	Type	Unit Cost	
7443922		VEAL RACK 4X4 CHOP READY	BCH RSV	1	1.00	EA	\$128.36
0192674		BREAD CRUMB JAPNSE PANKO	JADE MT	2	0.75	CP	\$0.08
5229760	S	SPICE TARRAGON LEAVES WHL	IMP/MCC	3	0.30	EA	\$1.93
2363968	S	CHEESE PARMESAN WHEEL CRYOVAC	AREZZIO	4	0.25	CP	\$0.28
3602976		EGG SHELL LG WHITE PAST USDA A	WHLFARM	5	1.00	EA	\$0.24
4064978	S	MUSTARD DIJON W/WHT WINE TIN	INTLIMP	6	2.00	TB	\$0.01
4063095	S	JUICE LEMON PSTRZD ULTRA PREM	SYS NAT	7	0.25	CP	\$0.11
7103278		ONION RED DICED 1/4"	SYS IMP	8	0.25	CP	\$0.22
5847029		OIL OLIVE PURE ITALY	AREZZIO	9	2.00	TB	\$0.01
2252054		LEMON CHOICE FRESH	SYS CLS	10	1.00	EA	\$0.29
1908326		ONION GREEN FDSVC	SYS IMP	11	0.25	EA	\$1.73