

Chef from the Hood Recipes



Chefs:

Local Chefs at the 4th Annual Meals on Wheels Thursday evening, May 1, 2003 at the Friedman Center in Santa Rosa 2003 Derby Dinner!

Recipe:

Pan Roasted Veal Chop

Ingredients:

1 bone-in veal chop
2 ounces fresh mozzarella
2 ounces prosciutto
1/4 cup red wine
1/4 cup tomato puree
1/2 cup veal or beef stock
cooked white rice
olive oil
1 pound fresh fava beans
salt & pepper
3 fresh basil leaves thinly sliced
2 ounces unsalted Clover butter

Stuffed with Prosciutto & Mozzarella in a Red Wine Tomato Demiglaze over Rice with fresh Fava Beans! Last year Chef Jeff Mall and teammate Gaye LeBaron won the Iron Chef style cook-off by creating this dish on the spot from a random bag of ingredients. The recipe is so good that it's sometimes featured as a special in Chef Mall's Healdsburg restaurant, ZIN! Serves one, increase as needed.

Cut deep pocket in side of chop. Stuff with mozzarella and half the prosciutto. Wrap remaining prosciutto around chop. Coat bottom of medium sized skillet with olive oil. Pan fry both sides of chop until golden brown. Add wine, stock & tomato puree to pan. Reduce heat, cooking chop in sauce (turn if needed) until desired doneness, about 15 minutes. Taste sauce and adjust seasoning. Just before finishing, shell fava beans, then blanch in boiling water for a minute. Peel off the thin membrane, toss beans with melted butter & shredded basil. Place warm rice on plate, top with chop, the sauce & garnish with the buttered favas.