

Veal Chop with Bourbon Applesauce and Pecan Wild Rice

INGREDIENTS

Pecan Wild Rice

2 tbsp butter
1/2 cup finely chopped onion
3 cups wild rice, rinsed
9 cups water
1 1/2 teaspoons salt
1/2 teaspoon black pepper

3 cups coarsely chopped toasted pecans

Veal

about 4 cups vegetable oil, for frying
8 veal rib or loin chops, about 1 1/4 inches thick, bone in
salt
black pepper

Applesauce

1 1/2 cups finely chopped shallots
6 cups finely chopped Granny Smith apples
6 cups finely chopped McIntosh apples
2 1/4 cups bourbon
6 cups beef stock
2 tablespoons chopped fresh thyme
1 1/2 sticks cold butter, cut into small cubes
salt
black pepper

SUGGESTED COOKWARE

large saucepan

DIRECTIONS

1 To make the rice, melt the butter in a large saucepan over medium-high heat. Add the onions and sauté until softened. Stir in all of the remaining ingredients (except the pecans), raise the heat to high, and bring to a boil. Reduce the heat to medium low, cover, and simmer until the rice is fully cooked, tender, and most of the liquid has been absorbed, about 30 to 45 minutes. Drain any excess water, stir in the pecans, and set aside to keep warm while preparing the veal.

2 Preheat the oven to 250°F.

3 To make the veal, heat about 1 cup of the oil in a large saucepan or Dutch oven over medium-high heat. (There should be about 1/4 inch of oil in the pan, and it will appear to shimmer on the surface when it is ready.) Season the veal chops on both sides with salt and pepper, place about 2 or 3 of the chops in the pan, and brown on each side for about 5 minutes, or until nearly cooked to desired doneness. Place the chops on a baking sheet and brown the rest of the chops, about 2 or 3 at a time, adding more oil as needed. Reserve the pan and set the veal in the oven to finish cooking while preparing the applesauce.

4 To make the applesauce, pour out and discard all of the oil from the reserved pan, leaving a thin film of oil in the pan. Place over medium heat, add the shallots and apples, and sauté until softened, stirring frequently. Pour in the bourbon to deglaze, stirring with a wooden spoon to loosen any browned bits from the bottom of the pan. Add the stock and thyme and bring to a simmer. Incorporate the cold butter a few cubes at a time, stirring constantly, until the liquid has slightly thickened and is glossy. Season with salt and pepper.

5 To serve, place a veal chop, some wild rice, and some applesauce on each plate.

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