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The Farmer's Table

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DELICIOUS VEAL RECIPES
FROM THE LAND





For The Love

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Generations of dedicated Aussie farmers have been producing Richmond Valley Veal for nearly a hundred years.

Our pristine environment is blessed with an abundance of clean, fertile farmland, providing the natural resources for raising the healthiest, happiest and highest quality veal in the world.

Thank you for supporting the Richmond Valley Veal farmers.

Nutritious & Delicious

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Light, tender and quick and easy to cook, veal is a perfect meal option for the entire family.

Veal is a light and tender alternative to beef. It's also a good source of iron, protein, zinc, B12 and other essential nutrients.

Grab your Richmond Valley Veal at Coles today and get started created these wonderful meals for your family.





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Wiener Schnitzel with Classic Potato Salad

PREP TIME 10 | COOK TIME 25 | SERVES 4

INGREDIENTS

2 x 400g packs Richmond Valley Veal Sizzle Steak
75g plain flour
2 eggs, lightly beaten
200g fresh fine breadcrumbs
60g butter, coarsely chopped
Lemon wedges, to serve

POTATO SALAD

6 large Dutch cream potatoes, cut into 5cm cubes
6 eggs, at room temperature
250g crème fraîche
200g mayonnaise
1 tsp Dijon mustard
1 tbsp white wine vinegar
70g baby capers
100g cornichon, thinly sliced
2 golden shallots, thinly sliced
½ bunch dill, leaves picked

POTATO SALAD

Cook potatoes in boiling salted water until tender (10-15 minutes), then drain and set aside to dry. Place eggs in a saucepan of boiling water and cook for 8 minutes, then drain and transfer to iced water to stop cooking. Peel and set aside. Combine remaining ingredients in a bowl and season to taste. Add potato and gently mix to coat well, then transfer to a platter, top with eggs torn in half, scatter with dill, season with black pepper and serve.

WIENER SCHNITZEL

Place flour, eggs and breadcrumbs in separate shallow bowls. Working with one piece of veal at a time, dip in flour, then egg, then breadcrumbs to coat, shaking off excess between layers. Repeat with remaining veal slices. Set aside.

Heat a large frying pan over medium-high heat, add half the butter, when foaming add half the schnitzel and cook, turning once, until golden and cooked through (3-5 minutes). Transfer to a plate and keep warm. Wipe pan clean with absorbent paper, then repeat with remaining butter and schnitzel.

Serve immediately with lemon wedges.

Veal Fajitas with Crushed Avocado

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PREP TIME 15 | COOK TIME 20 | SERVES 4

INGREDIENTS

500g Richmond Valley Veal Stirfry
1 tbsp olive oil
3 capsicums (one red, yellow and green)
deseeded & sliced
1 red onion, sliced
8 flour tortillas
Lettuce leaves
Extra coriander leaves to garnish
Sour cream

MARINADE

2 tbsp olive oil
1/3 cup lime juice
2 tbsp fresh coriander, chopped
2 cloves garlic, crushed
1 tsp brown sugar
¾ tsp red chilli flakes
½ tsp ground cumin
1 tsp salt

CRUSHED AVOCADO

2 limes, juiced
¼ Spanish onion, diced
1 garlic clove, crushed
2 avocados, coarsely chopped
½ long red chilli, thinly sliced
1 tbsp olive oil
Salt & pepper

MARINADE

Whisk all ingredients together to combine. Pour half of the marinade into a shallow dish, add the veal and refrigerate for 2 hours or overnight. Remove from the refrigerator 30 minutes prior to cooking. Refrigerate the reserved untouched marinade to use later.

CRUSHED AVOCADO

Combine lime juice, onion and garlic in a bowl, season to taste and stand to soften (1-2 minutes). Coarsely crush avocados with a fork and add to onion mixture with chilli and olive oil. Season and stir to combine.

FAJITA

Heat half the oil in a pan over medium-high heat. Add the veal and cook until desired doneness. Remove from the pan and rest for 5 minutes. Add remaining olive oil to the pan over. Add the capsicums and onions and fry. Add half of the reserved marinade, and season and continue cooking until done. Assemble the veal in warmed tortillas with extra coriander leaves, sour cream and avocado. Drizzle with the remaining untouched marinade.



Grilled Veal Fillet with Green Goddess Sauce & Onion Rings

PREP TIME 20 | COOK TIME 10 | SERVES 4

INGREDIENTS

2 packs Richmond Valley Veal Scotch Fillet
2 handfuls rocket

GREEN GODDESS BEARNAISE

1 bunch parsley leaves
½ bunch chives
1 bunch tarragon
1 whole egg
350 ml grapeseed oil
2 tbsp white wine vinegar
1 tbsp Dijon mustard
Sea salt
Lemon juice, to taste

CRISPY ONIONS

2 large onions, peeled, finely sliced & rings separated
1 cup milk
1 cup flour
1 tsp paprika
1 tsp salt
1 tsp black pepper
1 cup canola oil

GREEN GODDESS BEARNAISE

Using a stick blender and blender cup, place the herbs in the blender cup. Blitz with 100ml oil. Carefully crack the egg and place it in the base of the blender cup, taking care not to break the yolk. Pour over the remaining 250ml grape seed oil, add the vinegar, mustard and a good pinch of salt. Place the stick blender in the blending cup and carefully position the head of the stick blender so it covers and encloses the egg yolk. Blitz then taste and season with a little more salt and a squeeze of fresh lemon.

CRISPY ONIONS

Mix the flour, paprika, salt and pepper in a bowl.

Heat the canola oil in a heavy pan. Dredge the onion rings in the seasoned flour, shaking off the excess, and fry until golden brown. Drain on paper towels. Keep warm until the rest of the onions are done.

TIP: Do small batches at a time so the rings don't stick together, and don't dredge the rings until they're ready to go into the oil or they'll give off too much moisture.

VEAL

Season veal and grill 2-3 minutes each side. Allow to rest before serving with sauce, rocket and onion rings.



Crumbed Veal Scallopine with Caponata

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PREP TIME 30 | COOK TIME 20 | SERVES 4

INGREDIENTS

2 x 400g packets Richmond Valley
Veal Sizzle Steak

200ml milk

3 eggs, lightly beaten

Seasoned plain flour

250g fine fresh breadcrumbs

120ml olive oil

120g butter, coarsely chopped

Lemon wedges

CAPONATA

150ml olive oil

1 red capsicum, seeds removed & diced

1 yellow capsicum, seeds removed & diced

1 medium zucchini, diced

1 small to medium eggplant, diced

½ red onion, diced

1 clove garlic, finely diced

½ bunch parsley

20g toasted pine nuts

10g dried currants

40ml sherry vinegar

30g caster sugar

Sea salt

SCALLOPINE

Whisk milk and eggs in a large bowl. Dip each veal sizzle steak in seasoned flour, then egg mixture, then breadcrumbs, shaking off excess in between. Place on trays lined with baking paper and refrigerate until required.

CAPONATA

Heat most of the olive oil in a fry pan over a high heat and quickly shallow fry the capsicum, eggplant and zucchini in batches, before they lose colour and texture. Drain in a colander. Sweat the onion and garlic in a small amount of olive oil over medium heat. Return the rest of the vegetables to the pan and bring back to the heat. Add the toasted pine nuts and dried currants and season with the sherry vinegar, sugar and salt.

TO SERVE

Heat a quarter of the oil and a quarter of the butter in a large frying pan over medium-high heat. Add a quarter of the scalloppine and cook, turning once, until golden and cooked through (4-5 minutes). Wipe out pan and repeat with remaining, oil, butter and scalloppine. Season to taste and serve hot with caponata and lemon wedges.



Fragrant Soba Noodle Soup with Veal Dumplings

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PREP TIME 20 | COOK TIME 20 | SERVES 4

INGREDIENTS

500g Richmond Valley Veal Mince
1 L beef stock
1 L water
2 tbsp soy sauce
1 tbsp sugar
1 stalk of lemongrass, bruised with back of knife*
5cm ginger, sliced
4 spring onions, white parts roughly chopped, green parts sliced and set aside
5cm piece ginger, peeled
3 cloves garlic, peeled
¾ cup fresh breadcrumbs
2 tbsp fish sauce
2 tbsp vegetable oil
1 packet (270g) soba noodles
200g sugar snap peas or snow peas, trimmed & halved
Toasted sesame seeds, to serve
Lemon wedges, to serve

METHOD

In a medium saucepan, combine the stock, water, soy sauce, sugar, lemongrass and sliced ginger. Place on medium heat and simmer.

In a food processor, combine the white parts of the spring onions, extra ginger, and garlic. Pulse until finely chopped. Add breadcrumbs, fish sauce and veal mince. Pulse until mixture comes together (don't over mix). Form heaped-tablespoons of mixture into meatballs.

Heat oil in a large pot over high heat. Add meatballs and brown on all sides. Over a sieve, add stock to the pot and discard sieved contents. Reduce heat and simmer gently for 5 minutes. Add soba noodles and cook for 3 minutes. Add the sugar snap/snow peas, cook for 1 minute.

Serve soup in large bowls with a generous squeeze of lemon juice and sprinkling of sesame seeds.



Veal Fillet with Tonnato Sauce

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PREP TIME 10 | COOK TIME 15 | SERVES 4

INGREDIENTS

2 packs Richmond Valley Veal Eye Fillets
Olive oil for frying and drizzling
Sea salt flakes
50g watercress or rocket
1 tsp extra-virgin olive oil
½ tsp balsamic vinegar to serve

TONNATO SAUCE

2 medium free-range egg yolks
2 tsp white wine vinegar
15g anchovy fillets
1 tbsp capers
200g tinned tuna in olive oil, drained
200ml extra-virgin olive oil

METHOD

Heat the oven to 200°C. Heat a little olive oil in a large frying pan, then add the veal and brown all over (about 2 minutes on each side). Remove to a baking tray and season well. Cook in the oven for 10 minutes, then rest. When cooled, roll the veal tightly in cling film and twist the edges to seal. Chill for 2 hours. Remove the cling film and cut into 0.5cm thick slices. Use a very sharp knife and cut the meat across the grain.

TONNATO SAUCE

Put the egg yolks, vinegar, anchovies, capers and tuna in a food processor on a low speed, then blend until smooth. Slowly pour the oil into the tuna mix until it forms a thick mayonnaise. If it's too thick, mix in a small amount of warm water. Taste and season if required.

Put a generous amount of the tuna mayo on a serving platter, then top with the veal slices. Drizzle over a little olive oil, then sprinkle with sea salt and black pepper. Lightly dress the watercress with the extra-virgin olive oil and balsamic vinegar, and scatter over with extra capers if desired. Serve immediately.



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Veal Scallopine with Prosciutto & Marsala Sauce

PREP TIME 10 | COOK TIME 8 | SERVES 2

INGREDIENTS

1 x 200g pack Richmond Valley
Veal Sizzle Steak
8 sage leaves
8 slices prosciutto
50g plain flour, seasoned
splash olive oil
small knobs of butter
200ml marsala wine
½ lemon
green salad, fried potatoes
or crusty bread, to serve (optional)

Green salad
Crusty bread

METHOD

Cut each Sizzle Steak in half. Place a sage leaf on each one, wrap with the prosciutto, then press another sage leaf on top and flatten out with your hand. Dust lightly with the seasoned flour.

Heat the oil and the butter in a large frying pan until foaming. Fry the veal for 4-5 mins on each side until the prosciutto is crisp, then remove from the pan. Add the marsala to the pan and sizzle to make a sauce, scraping any tasty bits off the bottom. Add the lemon juice to taste. Put the veal back in the pan to heat through. Serve with lemon wedges, a green salad and crusty bread.

PREP TIME 10 | COOK TIME 1HR 15 | SERVES 4

INGREDIENTS

1kg Richmond Valley Veal Mince
600g pork mince
400g pancetta
2 cups fresh breadcrumbs
½ cup milk
4 tsp fennel seeds
4 tsp sea salt
2 tbsp lemon zest
2 egg yolks
2 cups Parmesan, grated
4 tbsp fresh thyme, chopped
4 garlic cloves, minced
2 tbsp Dijon mustard
Fresh cracked pepper
4 tbsp maple syrup
¼ cup sage leaves

METHOD

Preheat oven to 180°C. Lightly grease a 10cm x 20cm loaf tin. Line the tin with pancetta with the excess hanging over the edges.

Place the breadcrumbs and milk in a large bowl and allow to stand for 5 minutes. Lightly crush the fennel seeds and salt in a mortar and pestle. Add to the breadcrumbs along with the veal and pork mince, lemon zest, egg yolk, Parmesan, thyme, garlic, mustard and pepper and combine well. Place the mixture into the tin, pressing down. Fold the pancetta over the top.

Cook 1 hour or until it's cooked through and the pancetta is crisp. Remove from the oven and increase oven temperature to 200°C. Allow the meatloaf to sit in the tin for 5 minutes, then remove and sit on a wire rack set over a baking tray. Brush the top and sides with maple syrup, top with sage leaves and bake for a further 5–8 minutes.

*Glazed Veal Meatloaf
with Sage & Pancetta*

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Our Range

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Find our range of Richmond Valley products at your local Coles and start enjoying veal today.



Mince



Sizzle Steak



Scotch Fillet



Eye Fillet





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