

SAGE & CHEESE STUFFED VEAL CHOPS WITH WILD MUSHROOM SAUCE

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Photography by Marty Snortum Studio

Sage & Cheese Stuffed Veal Chops with Wild Mushroom Sauce

Serves 4

Ingredients

4 each loin veal chops, about 1 1/2 inch thick *

4 each Fontina cheese slices cut 1/4 inch thick

10 each fresh sage leaves

2 tbsp extra virgin olive oil

12 each shallots, minced

4 each fresh garlic cloves, minced

1 1/2 cup sherry wine

1 tsp thyme, fresh or dried

2 cups vegetable stock

1/2 oz Chanterelle mushrooms

1/2 oz Black Trumpet mushrooms

1/2 oz Porcini mushrooms

1/2 oz Shiitake mushrooms

1 tsp More Than Gourmet - Essence of Champion Gold **

Salt & pepper to taste

* Veal loin chops can purchased at the Greenery Market located in the Sunland Park Mall, by special order from your local supermarket or direct from www.morethangourmet.com

More Than Gourmet Products



This company produces a variety of demi glace and glace de viande flavorings in beef, veal, lamb, venison, poultry, duck, fish and essence of mushrooms. These are excellent quality sauce flavorings made especially for high-end restaurants and home chefs that

desire deep concentrated flavors without the time-consuming process of making an excellent stock by roasting bones and reducing and concentrating stocks. In addition you can order "Plume de Veau" quality veal products from them. The More Than Gourmet Products can be

purchased in the Greenery Market in the Sunland Park Mall or online at www.morethangourmet.com

Exotic Mushrooms

Golden Chanterelle - A traditional, old European favorite, it possesses extraordinary flavor, a hint of apricot fragrance, and a vibrant yellow/orange color. It is very sturdy and can withstand baking well. Use with poultry, pork, veal, white sauces, or eggs.





Porcini or Cepé - One of the finest and best loved fungi, porcini is the mushroom of choice for many western chefs. Delicately scented when fresh, the generously sized caps offer an earthy, nutty addition to dishes.

Black Trumpet - This thin-walled mushroom can be used to create savory cream sauces for pasta dishes. It is a delicious accompaniment with venison, pheasant, and other game. Drying the Black Trumpet intensifies its taste and aroma.

Shiitake - Shiitake is a star when it comes to versatility. This dark brown mushroom, with caps ranging in size from 2 to 4 inches, is the most widely consumed mushroom in Asia and has been cultivated there for centuries. Its earthy fragrance and meaty texture enhances a wide variety of dishes, since the results are beautiful whether they are sautéed, broiled, baked, grilled, stir fried, or sliced thin and used in salads. Shiitake mushrooms have traditionally been used to add complexity to stews or soups, and the stems create deeply flavorful stocks.

You can purchase a wide variety of dried mushrooms at the Greenery Market in the Sunland Park Mall or go on line to www.gourmetmushroomsinc.com

To Prepare the Veal Chops

1. Take each veal chop and place a slit along the flesh side running back to the bone large enough to insert the slice of the Fontina cheese and two fresh sage leaves.
2. Insert the slice of Fontina cheese into each veal chop along with 2 sage leaves. Seal the edges with a tooth pick so the edge does not open up during sautéing.
3. Rub the exterior of each veal chop with olive oil and season with salt and pepper.
4. Heat olive oil on high heat in a deep-

sided sauté pan. Place each veal chop into the sauté pan and brown on both sides. They should still be raw on the insides and the cheese still solid. Remove the veal chops to a serving platter and refrigerate until needed.

To Prepare the Wild Mushroom Sauce

1. Heat the vegetable stock to a warm temperature. Take the four types of dried exotic mushrooms and cut into bite size pieces where necessary and place in a flat glass dish and pour over the heated stock. Stir to coat and let the mushrooms steep for up to 30 minutes. This should be done before working on the veal chops and preparing the sauce.
2. Add more olive oil to the sauté pan in which the veal chops were cooked. Bring to medium heat and add the minced shallots and garlic and sauté until browned. Be careful, they can burn easily.
3. Once the shallots and garlic are sautéed, add the Sherry wine. With a wooden spoon, scrape the pan bottom to release all residues from sautéing the veal, shallots and garlic. Bring the mixture to a rolling simmer and slowly reduce by half to burn off the alcohol and concentrate the wine flavor.
4. Drain the vegetable stock off of the exotic mushrooms and add the stock to the wine mixture and reduce again to concentrate the flavor.
5. Add a teaspoon of More Than Gourmet - Essence of Champion Gold to the mixture and blend until fully dissolved. Add the thyme, the 2 remaining sage leaves and simmer for 30 minutes.
6. Check the flavor and thicken slightly with Wondra flour or a golden roux. Add in the soaked exotic mushrooms and steep for another 15 minutes.
7. Add in the veal chops (and any drippings they have emitted) to the sauce and simmer for another 10 minutes turning them once. This process will finish cooking the veal chops to a medium degree of doneness and impart the flavor of the meat into the Exotic Mushroom Sauce.

To Plate the Veal Chops

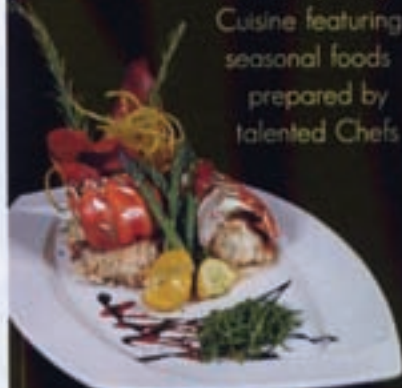
I recommend you serve the Sage and Cheese Stuffed Veal Chops with a saffron risotto or a saffron rice and glazed baby onions and fresh asparagus. Place your rice or risotto in a Radicchio leaf cup. Fan your asparagus and then place your veal chop. Remove the tooth pick at this time. Spoon the Exotic Mushroom Sauce around the veal chop and garnish with sprig of fresh thyme or Rosemary.

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