

VEAL CONSUMER TIPS

Look for veal with a fine grain and creamy pink color; any fat covering should be milky white.



SMART SHOPPING WHICH CUTS?

For dry heat cooking methods — broiling, grilling, pan-broiling, pan-frying (*sautéing*), roasting, stir-frying — choose these tender veal cuts: **loin roasts, rib roasts, rump roasts, loin chops, rib chops, cutlets or scaloppini, cubed steaks** and **ground veal**.

For moist heat cooking methods — braising, stewing, pot roasting, cooking in liquid — use less tender veal cuts: **veal for stew, shank cross cuts, shoulder roasts, breasts, riblets** and **round steaks**.

HOW MUCH TO BUY?

Veal is a naturally lean meat, with very little marbling. Due to its low fat content, veal has very little waste.

- Boneless veal cuts — cutlets, chops, steaks, most boneless roasts, ground veal, veal for stew — will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed veal per pound.
- Bone-in veal roasts, chops and steaks will yield 2 to 2-1/2 three-ounce servings of cooked, trimmed veal per pound.
- Very bony veal cuts — short ribs, riblets, shank cross cuts, bone-in breast — will yield 1 to 1-1/2 three-ounce servings of cooked, trimmed veal per pound.

STORAGE:

- Refrigerate veal in the coldest section of the refrigerator. Use it within 1 to 2 days.
- Freeze any veal that will not be used within 2 days. Label and date the packages. Use frozen ground veal and cubes within 2 to 3 months. Use frozen veal chops, steaks, cutlets and roasts within 6 to 9 months.



COOKING TIPS

Veal's delicate flavor is compatible with a variety of seasonings. For especially tasty veal, try garlic, lemon peel, black pepper, lemon pepper, fresh or dried herbs (basil, marjoram, thyme, rosemary, tarragon) and Italian seasoning. Fresh fruit salsas and dried fruit sauces also complement veal.

PREPARE VEAL PROPERLY BEFORE COOKING:

- Leave a thin layer of fat on roasts, chops and steaks to preserve juiciness; trim fat after cooking. Trim cuts for grilling more closely to avoid flare-ups.
- Pound veal cutlets with the flat side of a meat mallet to a uniform thickness for even cooking.
- Pat veal dry with paper toweling to promote browning.
- Add salt and salty seasonings to veal *after* cooking or browning. Salt added before cooking draws out moisture and inhibits browning.
- For moist flavorful burgers, meatloaves and meatballs, use a light touch when mixing and shaping. Overmixing will result in a firm compact texture.

USE THE CORRECT COOKING TEMPERATURE: Using too high heat can lead to overcooking and dry, flavorless veal. Or, it may char the outside before the center has a chance to reach the desired doneness.

- Grill over medium, ash-covered coals.
- Pan-broil veal cuts that are 5/8-inch thick or thicker over medium heat; for thinner cuts, use medium-high heat.
- Stir-fry and sauté or pan-fry very thin cuts, such as cutlets, over medium-high heat.
- Preheat the broiler for 10 minutes before broiling. Place veal the correct distance from the heat source.
- Preheat the oven before roasting. 325°F is the recommended oven temperature for roasting veal. Use an oven thermometer to ensure that the oven is accurate.
- For the best braised or stewed dishes, there are 3 crucial requirements: brown slowly to develop rich flavor; cover tightly to retain steam; and simmer gently over very low heat so the veal remains moist while it tenderizes.



DETERMINING DONENESS

- For optimal flavor, juiciness and tenderness, cook most veal cuts to medium (160°F) doneness. **Do not overcook.**
- For safety, ground veal should be cooked to medium (160°F) doneness, until not pink in center and juices show no pink color.
- The most accurate way to determine doneness of veal chops, steaks and patties is with an instant-read thermometer inserted horizontally from the side into the center.
- To judge doneness visually, make a small slit near the bone or near the center for boneless cuts. Medium veal will be light pink in the center.
- For roasts, use an ovenproof meat thermometer, with the tip centered in the thickest part of the veal, not touching bone or resting in fat. Remove the roast when the thermometer registers 5°F below the desired doneness. Let stand 15 to 20 minutes; temperature will continue to rise during standing to reach the desired temperature.
- Braised or stewed dishes should be cooked just until the veal is fork-tender — that's when a double-pronged utility fork can be inserted without resistance and then releases easily when pulled out.