



JP'S. KITCHEN

BROUGHT TO YOU BY LINK COMMERCIAL

CÔTES DE VEAU À LA NORMANDE

INTRODUCTION

This is a favourite that can be served for dinner all year round but especially when apples are in season (around early autumn).

Côtes de Veau à la Normande is a dish that originates in Normandy and is based around the use of dairy and apples, the essence of Normandy's best agricultural produce.

Normandy has produced some of Europe's finest apples for over a thousand years and some of Europe's best dairy products, too. That all starts to make sense when we look at the ingredients that go in to this lovely dish with its earthy, creamy sauce.

In this recipe, the use of dairy comes in three forms; butter, cream, and veal cutlet. The use of apples comes in two forms, apples themselves as well as an apple brandy called Calvados (named after the region in Normandy where it is made). So you can see how this dish has come together using the region's best produce.

Our recipe today involves sautéing cutlets of veal in butter, sautéing apples in butter, then making a sauce from the cooking juices with a reduction of Calvados and cream to serve.

Once presented on a serving plate, this dish will appear to have been prepared by a restaurant chef; but it is so easy and fun to make. It has always impressed at dinner parties and I am sure you will be able to impress your dinner guests with it too.

The main thing to be careful of and that'll make this recipe work is the sauce; not to over-heat it where it will separate, it must be stirred constantly while simmering to a reduction on a medium heat (not boiling on too high a heat).

Golden delicious apples are best to use as they are just a little bitter and it is this mild bitterness that contrast well when sautéed in butter.

Altogether, the flavours of this elegantly simple dish are well balanced and amazing together.

Côtes de Veau à la Normande may be matched with a good quality Apple Cidre or a light Pinot Noir from Alsace or from our own Mornington Peninsular. By the same token, one cannot go wrong with a good quality Chateauneuf du Pape of the southern Rhône.

Try it and do write to me and let me know what you think.

INGREDIENTS

The Sauce

200ml heavy double cream or crème fraîche
½ a small glass of Calvados

The Meat & Apples

2 Golden Delicious apples
2 veal cutlets
75g butter
Salt and freshly ground black pepper

METHOD

Prepare the Apples

- Peel the apples, core, and cut into quarters, then halve each quarter (to make eighths)
- Melt the butter in a non-stick pan
- Sauté the apple slices over a moderate heat for 5 minutes on each side until they start to brown a little
- Keep warm on a plate in the oven

Prepare the Veal

- In the same pan, melt the remaining butter
- Season the veal cutlets on each side with a generous sprinkling of salt and pepper
- Sauté the veal over a moderate to high heat for 3-5 minutes on each side
- Keep warm on a plate in the oven



METHOD CONTINUED

Prepare the Sauce

- Pour the Calvados into the same pan and turn up the heat
- Using a wooden spoon or spatula, stir and scrape up the burnt bits in the pan
- Boil until nearly all evaporated (be careful not to flambé)
- Add the cream and boil gently on a reduced heat until the volume of the sauce has reduced by half, stirring constantly
- Arrange the veal and apples on a warmed serving plate and pour the sauce over the veal, serve immediately.

BON APPETIT - I HOPE YOU ENJOY; ANY QUESTIONS, PLEASE CALL OR EMAIL ME. JP.

