

## City Views: Chicago (CONTINUED)

Joe's Seafood, Prime Steak  
& Stone Crab  
*Seafood and Steakhouse*  
60 E. Grand Ave.  
Chicago, IL 60611  
312-379-5637  
Chef: Gary Baca  
Veal Cutlets

Naha  
*New American  
with Mediterranean Influences*  
500 N. Clark St.  
Chicago, IL 60610  
312-321-6242  
Chef: Carrie Nahabedian  
Veal Chop – with potatoes fondant,  
oven-cured tomatoes, cipollini onions,  
and golden chanterelles.

NOMI  
*Contemporary French Cuisine  
with Asian Influence*  
800 N. Michigan Ave.  
Chicago, IL 60611  
312-239-4030  
Chef: Sandro Gamba  
Veal Chop – with braised sweetbreads,  
truffled macaroni, and salsify.

Petterino's  
*Classic American Fare*  
150 N. Dearborn  
Chicago, IL 60601  
312-422-0150  
Chef: Mark Dorian  
Veal Chop au jus  
Veal Cutlet

Tru  
*Progressive French Cuisine*  
676 N. Clair St.  
Chicago, IL 60611  
312-202-0001  
Chef: Rick Tramanto  
Assiette of Veal – Rossinni tournedo,  
roasted breast, sweetbreads.

## Veal Flavor Tips

Veal's possibilities are unlimited! However, Executive Chef Andre Halston of Denver-based Champps Entertainment Inc. cautions, "Veal absorbs seasonings so well that you need to be careful that you do not overpower and lose the natural flavor profile."

There are a number of techniques for flavoring veal and the technique chosen may depend on the seasonings or ingredients used in the dish.

**Dry Rub:** Apply herbs and spices to the outside of the meat before roasting.

**Marinate:** Soak meat in a mixture of oils, herbs, and acidic ingredients such as juices, vinegar or wine. Marinating can also tenderize meat before cooking.

**Crust or Bread:** Coat meat in herbs, groundnuts or breadcrumbs.

**Sauce or Glaze:** Top meat with a blend of flavors while adding moisture.

**Filling:** Veal can be packed with an assortment of vegetables, herbs, nuts and cheeses.

## Call For Submissions

Veal Dish invites you to submit your most inventive veal creations for us to share with your contemporaries across the country. Please contact Becky Consigny at [becky@sccadv.com](mailto:becky@sccadv.com) or by phone at 312-464-1666.

Veal Dish is a quarterly publication from the Veal Committee of the National Cattlemen's Beef Association. For information on publishing exclusive veal photography, recipes and articles featured in this issue, please contact Becky Consigny at 312-464-1666 or [becky@sccadv.com](mailto:becky@sccadv.com).



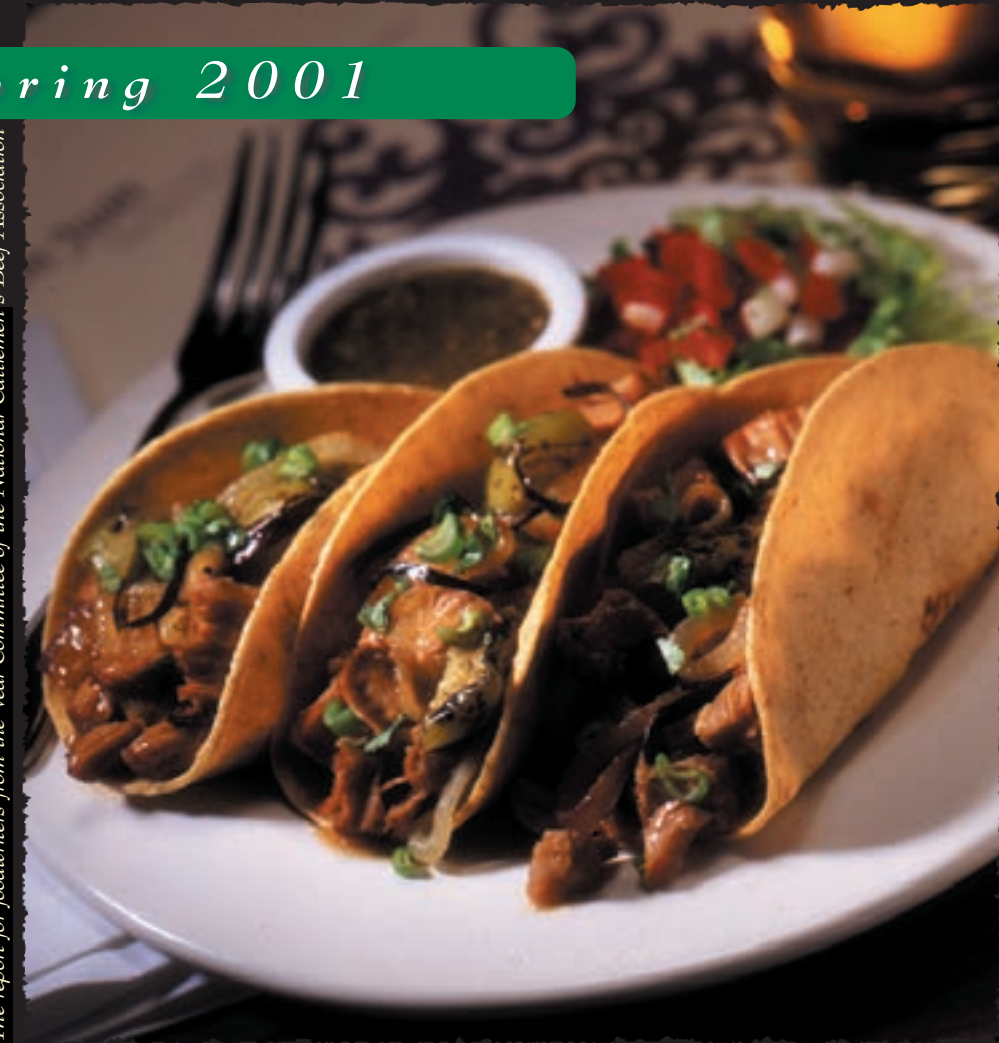
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DISH

Veal

The report for foodwriters from the Veal Committee of the National Cattlemen's Beef Association



## Braised Veal Tacos at Don Juan on Halsted

Enter Chicago's Don Juan on Halsted and you encounter a dining experience that cannot be found at your typical Mexican restaurant. Authentic yet contemporary, Executive Chef Patrick Concannon has infused traditional Mexican cuisine with upscale fine dining.

With no formal culinary training, Concannon received his first lessons in traditional Mexican cooking from his mother and sister. Over the years, however, he has developed his own unique style. The combination of bold flavors and seasonings with old world Mexican dishes has made Don Juan on Halsted the talk of the town. One dish that perfectly exemplifies Concannon's style is this issue's

feature recipe, Braised Veal Tacos.

As we move into the new season, spring presents endless possibilities for fun applications of veal, like the Braised Veal Tacos. This festive dish combines fresh Mexican spices and seasonings with tender, shredded braised veal shank meat in a soft, warm corn tortilla. "Braised Veal Tacos are well known in Mexico and are very tasteful," says Chef Concannon. Describing the advantages of using veal in his savory dish Concannon raved, "I like the tenderness and flavor of veal. It's also very lean, not too much fat."

Seeing veal as a versatile and profitable menu item, Chef Concannon plans to continue using

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**Chef Profile: Patrick Concannon, Don Juan, Chicago, IL**

Described by Phil Vettel of the Chicago Tribune as one of the top 10 notable chefs in Chicago, Chef Patrick Concannon is stirring up a frenzy at his highly applauded restaurant, Don Juan on Halsted. At Don Juan, guests are treated to an enticing blend of fine Mexican cuisine and contemporary flair.

Though Concannon's resume is impressive, one does not have to look far to see where his inspiration lies. Long summers spent cooking with his mother in Mexico instilled a passion

for not only his culture but for classical cooking.

But by 1983 it was time for Concannon to hone all he had learned in a professional environment. He started as a line cook at Le Cochonnet in Chicago and then moved on to Maui to work as a saucier. He continued to advance his career by working at an array of fine dining restaurants including the Westin St. Francis in San Francisco, Pavilion at the Four Seasons Newport Beach, and eventually the famous Charlie Trotter's in Chicago. Trotter's commitment to perfection continues to influence Concannon's work, as was evident in his lauded work as executive chef of Chicago's Fahrenheit restaurant.

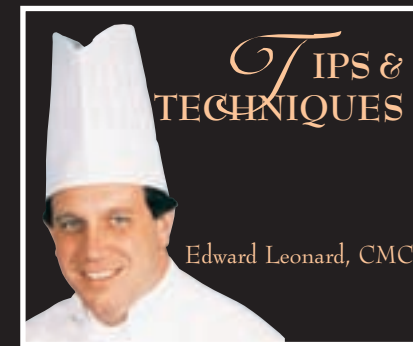
Chef Concannon continues to receive recognition for his culinary artistry. It seems his genuine love for authentic Mexican cuisine, combined with his extensive fine dining experience, has created a unique recipe for success.

**Braised Veal Tacos (continued)**

veal in his unique dishes. He explained, "We love the versatility of veal because it can be used in many different cuisine styles." He went on, "I would like to try out the veal short ribs in hopes I can incorporate them into another authentic Mexican application."

Located in Lincoln Park, Don Juan on Halsted is the second Don Juan restaurant to be opened in Chicago. The original Don Juan is located on the northwest side of Chicago. Offering a more upscale and contemporary menu at the Halsted location, the main dining room extends to a 90-seat patio in warm weather. Don Juan on Halsted and Braised Veal Tacos are both definitely worth a try.

**Capture the Marvelous Flavors of Mexico and Spain**



Ethnic seasonings and ingredients are playing an increasingly significant role in today's cuisine. The newfound prominence of traditional flavors from Mexico and Spain is a perfect example. We are always wise to take advantage of such trends.

How better to do so than with veal? Veal's flavor and versatility work well with the robust flavors of Mexico and Spain. Whether using the chuck, ribs, breast or loin, veal perfectly complements various blends of cumin, vanilla, garlic, cilantro, peppers, lime, avocado, and other traditional ingredients.

I suggest trying a veal roast with a roasted jalapeno and tequila sauce (a touch of cinnamon and chocolate make this sauce phenomenal). Using the veal chuck for this dish allows you to cook more slowly to give all the flavors a chance to harmonize.

But why stop there? A spice rub of cumin, garlic, chili powder, cocoa, salt and vanilla adds a new kick to veal ribs. Roast them slowly and serve with a sauce made from vinegar, honey, fresh lime juice, tomato and a touch of cilantro.

One other surefire favorite begins with a veal breast stuffed with tomatoes, garlic, serrano ham and olives. Braise it in Rioja wine for a big Spanish taste.

As you see, once you understand the flavors of Mexico and Spain, you have a delightful arena in which to work. Be it a roast veal adobe with guacamole butter or a spiced veal chop with Spanish sauce,

**"the versatility of veal fits perfectly with this style of cooking."**

the versatility of veal fits perfectly with this style of cooking. Take advantage of veal, and as always, cook from the heart.

*Chef Edward G. Leonard Executive Chef/Owner, Cantare Restaurant, Chicago, IL – one of only 55 Certified Master Chefs in the United States. He has received over 20 gold medals in all areas of cooking, and is the captain of the ACF Culinary USA Team.*

**Marketing Research Offers Insights to the Veal Consumer**

A new behavioral study of the veal consumer was recently conducted by the NPD Group, a leading international market research provider. Nearly 6,500 U.S. adults were surveyed about their purchase habits and attitudes toward veal.

The study found the veal consumer to be affluent, and likely to be visiting fine dining and casual restaurants. They typically have high household incomes and have college or post-college degrees. Often, they come from two-member households.

The research revealed that 1/4 of respondents had purchased veal in the last year and that consumers are twice as likely to purchase veal away from home than at

grocery stores. Consumers indicated that they would order veal more often if it were available at more restaurants. They said they order it because it's a treat they don't usually prepare at home. "Similar to lobster, I think veal is just one of those entrees that people want to have prepared for them. Purchasing veal in restaurants eliminates confusion as to how to buy and prepare it," says Executive Chef Sandro Gamba of NOMI in Chicago.

These findings should prove beneficial to any restaurateur planning a menu update.

This study was commissioned by the Veal Committee of the National Cattlemen's Beef Association.

**Braised Veal Tacos**  
**By Chef Patrick Concannon, Don Juan, Chicago, IL**

Ingredients	Directions	Yield: 12 Portions
4 lb or 12 pieces of veal osso buco, hindshank or foreshank, cut 1 inch thick (IMPS/NAMP 1337 or 1312)  Salt and pepper, as needed 1/2 cup olive oil 4 ribs of celery, chopped 3 each carrots, chopped 2-1/2 cups onion, chopped 2 each garlic heads, tops removed 1-1/2 teaspoons dried oregano 1 each bay leaves 1 quart brown chicken stock	Season veal shanks with salt and pepper; brown in oil on all sides. Remove shanks. Add celery, carrots, onion, garlic, oregano and bay leaf to pan; sauté over medium-high heat 5 to 8 minutes.  Return shanks to pan. Add stock; bring to a boil. Reduce heat; cover tightly and simmer gently about 1-1/2 hours or until veal is fork-tender.  Remove shanks; cool slightly. Discard bones; tear veal into chunks or shreds.  Strain and degrease cooking liquid; reduce to sauce consistency. Adjust seasonings; reserve.	
6 oz of pasilla chiles, 12 each 2 cups water 1/2 cup cider vinegar 2 quart onions, sliced 1/2 cup olive oil Salt and pepper to taste 18 each tomatillos, husked, quartered Olive oil, as needed	Seed chiles; soak in water and vinegar 1 hour. Drain; pat dry. Cut into strips.  Caramelize onions in 1/2 cup oil until deep golden; season with salt and pepper. Let cool.  Brush tomatillos lightly with oil. Broil until charred. Let cool.	
12 each banana leaves Salt and pepper, as needed	Using scissors, cut each banana leaf into two 12 x 5-inch pieces, removing rib. For each packet: Place 2 pieces crosswise to each other. Place about 1/2 cup (2-1/2 oz) veal in center. Top with about 1/3 cup (2 oz) caramelized onions, 6 tomatillo quarters and 1-1/2 tsp pasilla strips. Drizzle with 1 tsp reserved cooking liquid; season with salt and pepper. Fold up banana leaves to enclose filling; tie crosswise with string. Place packets on baking sheet. Bake in 350°F oven 30 minutes. (Packets can be held in low oven up to an hour.)	
2 heads roasted garlic cloves Chopped green onions, as needed Chopped fresh cilantro, as needed 24 each corn tortillas, warmed Salsa fresca or roasted tomatillo and serrano chile salsa, as needed	Per portion: Open 1 packet at table. Top with garlic, green onion and cilantro and serve with 2 tortillas and salsa, as desired.	

Note: Banana leaves make a nice presentation at the table. If not available, heavy duty aluminum foil can be substituted. Use a 15 x 12-inch piece of foil for each packet; fold to enclose filling securely.

**City Views: Chicago**

**Bistrot Margot**  
*French*  
1437-39 N. Wells St.  
Chicago, IL 60611  
312-587-3660  
www.bistrotmargot.com  
Chef: Joshua Foss  
Sautéed Medallions of Veal – with yukon gold potatoes, braised cabbage, apples, and mushroom sauce.

**D'Vine**  
*Contemporary American with French Influence*  
1950 W. North Ave.  
Chicago, IL 60622  
773-235-5700  
website: www.dvinechicago.com  
Chef: Michael Kerwin  
Braised Osso Bucco – with basil risotto, mirepoix, and tomato-veal sauce.

437 Rush  
*American*  
437 N. Rush St.  
Chicago, IL 60611  
312-222-0101  
www.stefanirestaurants.com  
Chef: Jerry Pisacreta  
Grilled K.C Strip of Veal – with mustard-thyme vinaigrette and sweet potato straws.

**Gioco**  
*Italian*  
1312 S. Wabash Ave.  
Chicago, IL 60605  
312-939-3870  
website: www.gioco-chicago.com  
Chef: Joshua Young  
Veal Milanese – with arugula salad.  
Veal Meatballs – with marinara sauce and fontinella cheese.

