

City Views: Santa Barbara
(CONTINUED)

Mousse Odile
French
18 E. Cota St.
Santa Barbara, CA
805/962-5393
Chef: Yvonne Matchieu
Escalope de Veau – thinly sliced
veal with sweet basil cream.

The Palace Grill
Cajun Creole
8 East Cota
Santa Barbara, CA
805/963-5000
www.palacegrill.com
Chef: Manny Serpa
Creole Veal Chop – smothered in a wild
mushroom barbecue demi glace.

Rodney's Steakhouse
American
Doubletree Resort
633 E. Cabrillo
Santa Barbara, CA
805/884-8581
Chef: Mario Jimenez
14 oz. Grilled Veal Chop – slowly
grilled and seasoned, and served atop
sautéed spinach.

Wine Cask Restaurant
American
813 Anacapa Street
Santa Barbara, CA
805/966-9463
www.winecask.com
Chef: Hector Martinez
Veal Chop – served with roast
fingerling potatoes, foie gras,
mushroom hash and garlic chips.

To Spice is Nice (continued from pg. 3)

liquid to make your sauce. Infuse olive oil and fennel seed, and serve it with glazed root vegetables and parmesan mashed potatoes. Another great way to design veal dishes is with a combination plate. Take a smaller char-grilled veal chop and season it with your favorite spice rub, then do the same with veal sausage and pair them together. Sausage adapts very well to different flavors. Its tender, but hearty texture balances easily with spices and rubs. Try using veal sausage with very small, diced, cured pieces of veal, tarragon, wild mushrooms and cloves, and you will have a sausage with character.

Blending veal with spices, marinades and rubs is a great marriage for chefs. Together they produce great dishes that please the palate, and most importantly, our customers.

*Chef Edward G. Leonard
Executive Chef/Owner, Cantare
Ristorante, 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.*

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 Earnest at 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 Earnest at 312-464-1666 or becky@sccadv.com.



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www.veal.org

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



Cajun Veal Chop Smothered in Wild Mushroom Barbecue Demi Glaze at The Palace Grill

For more than a decade, The Palace Grill in Santa Barbara, California has successfully captured authentic New Orleans-style cooking with its Cajun, Creole and Caribbean cuisine.

Executive Chef Manny Serpa, who joined The Palace Grill in 1991, feels that in order to keep customers coming back to an establishment, operators need three things: a great atmosphere, exceptional service and most importantly, a menu that offers a variety of extraordinary dishes.

"We have some core principles that have guided us over the years," says Executive Chef Manny Serpa. "One of those is that we never add something to the menu unless we truly feel it's outstanding."

With that in mind, Chef Serpa created the Cajun Veal Chop Smothered in Wild Mushroom Barbecue Demi Glaze.

"Bringing veal to our menu was enticing because veal carries the kind of image that we feel fits quite nicely with what The Palace Grill represents," says Serpa. "Veal suggests quality, and it is an important product historically in New Orleans kitchens."

To make the dish, Serpa rubs a 10-12 oz. veal chop with olive oil, salt and pepper, and pan sears it to a golden brown. Then, he simmers the meat in a sizzling veal stock that's blended with a homemade Worcestershire-style barbecue sauce of Dixie beer, lemon juice and thyme.

"From the very first night the Cajun veal dish was put on the menu, it

continued p.2



Chef Profile: Executive Chef Manny Serpa, The Palace Grill, Santa Barbara, CA

The driving force behind Executive Chef Manny Serpa's pursuit of culinary excellence lies in the roots of his childhood. Born on the island of Kauai, Hawaii, Chef Serpa's mother, brother and two sisters all worked in restaurants, and it was that early exposure to the industry where Serpa's passion took form.

At the start of his career, Serpa studied his craft by working alongside the top chefs at Santa Barbara's

prestigious Biltmore Hotel. After honing his skills there and gaining the respect of his peers, Serpa was brought on board to become a member of the culinary team that opened Fess Parker's restaurant at the Red Lion Resort. Serpa then furthered his career by taking the Sous Chef position at Andria's

Restaurant, also in Santa Barbara.

In 1991, Serpa joined The Palace Grill. Shortly

after his appointment, Owner Michael DeRousse sent Serpa on a year sabbatical to learn true Cajun/Creole-style cooking in the heart of the bayou at K-Paul's Louisiana Kitchen in New Orleans. While there, Chef Serpa studied under renowned Chef and Owner Paul Prudhomme. Today, Chef Serpa's quest for perfection is clearly expressed in the authenticity of his dishes at The Palace Grill.

Cajun Veal Chops *(continued)*

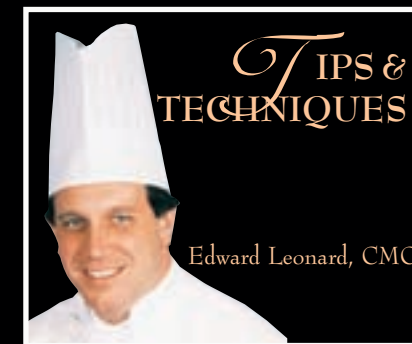
captured more than 12 percent of our velocity. More importantly, it captured rave reviews from everyone who ordered it," comments Serpa.

Beyond the menu, the atmosphere at The Palace Grill reflects the fun and excitement of New Orleans. When entering the restaurant, diners are immediately greeted by the sounds of jazz, zydeco and big band music. "People come to The Palace Grill to celebrate. If they're feeling down and want a lift, we can help," says owner Michael DeRousse.

The Palace also offers a "self service" wine bar that carries the restaurant's own private wine label, Crawfish Creek. Or, customers may try one of the many specialty drinks on hand, including their "World Famous Palace Cajun Martinis." Voted 13 consecutive years by the Santa Barbara Independent Newspaper for "the best service in a Santa Barbara restaurant," The Palace Grill delivers a quality dining experience.

Along with the Cajun Veal Chop, Chef Serpa says he has discussed adding more veal dishes to his menu, like a Cajun veal shank or possibly a veal short rib because of their classic appeal to customers.

To Spice is Nice



With the latest craze of spice mixes, seasoning rubs, and the fusion of flavor into food, it is a natural fit for ethnic influence to play a part in our menus. Spices, spice rubs and the use of salt has been a staple in food for decades. It was originally used as a preservative, but later it was discovered that spices influenced a meat's flavor and texture as well.

The craze today is to constantly add new flavors to a dish. That opens the door to using many different herbs, spices and condiments to infuse an ethnic influence. When using spices

though, it is important to make sure the flavoring does not overpower, but rather complements the main product – thus balancing the whole dish. Try toasting spices, or bringing them to heat. It can add a whole new flavor profile to the spices being used.

A great item that lends itself to diversity in the kitchen is veal. Veal chops and veal ribs are excellent when marinated or rubbed with a spice mixture. Try rubbing veal ribs with a dry marinade of cinnamon, cloves, salt, allspice and anise. Then slowly roast it for 3-4 hours in a slow oven and finish it with a nice chestnut honey glaze. Veal breast is a favorite of mine and really takes well to marinades and spices because of the long cooking process. Spread a Mediterranean spice rub of sea salt, olive paste, basil, oregano, garlic, cinnamon and a touch of anchovy paste all over the inside. Then roll, tie and braise the meat. You will simply be amazed by how juicy and flavorful the veal will turn out. Finally, take the remaining braising

continued on back page

Cajun Veal Chop with Wild Mushroom BBQ Demi Glaze

By Executive Chef Manny Serpa, The Palace Grill, Santa Barbara, CA

Ingredients	Weights	Measures	Directions	Yield: 12 Portions
Sauce: Garlic, chopped Unsalted butter Reduced veal stock Beer, preferably New Orleans' Dixie Beer Worcestershire sauce* Fresh lemon juice Finely chopped fresh rosemary Ground three-pepper blend (white, red and black)		3/4 cup 3/4 cup 6 cups 3 cups 3 cups 3/4 cup 1/4 cup 1 Tbsp	Sauté garlic in butter in sauté pan until garlic just starts to brown. Add remaining sauce ingredients. Bring to a boil; set aside. Yield: About 13 cups.	
Veal loin chops, 1 inch thick, 10 to 12 ounces each, trimmed well (IMPS/NAMP 1332) Olive oil Salt and black pepper	7-1/2 to 9 lb	12 chops 1/2 cup As needed	For each portion: Rub 1 veal chop with 2 tsp oil; sprinkle with salt and pepper. Sear in white-hot cast iron skillet, about 1 minute per side. Remove from skillet. Place seared chop in medium skillet with about 1 cup sauce. Cover tightly and simmer 5 to 7 minutes or until veal is tender. Remove chop; keep warm.	
Assorted wild mushrooms, such as cremini, oyster, shiitake, sliced if large		2 lb	Add about 2-1/2 ounces mushrooms to sauce. Cook until sauce is reduced and beginning to thicken. Return chop to sauce to glaze.	
Garlic mashed potatoes		12 cups	Plate chop, mushrooms and sauce with 1 cup potatoes.	

* Note: Worcestershire sauce brands vary greatly and can change the character of the dish. Chef Serpa prefers a mild Worcestershire, such as Black Nugget, for this dish. Experiment with other brands, if you wish.

Pairing Wines with Veal

Joseph Spellman, Master Sommelier, Paterno Imports

Foods accented with a high degree of spice, like the Cajun Veal Chop pictured, require wines of bright acidity and low alcohol. I always like a touch of sweetness to my wine when eating spicier foods, too. That's why I'd recommend a crisp, flavorful, Oregon white wine like Sokol Blosser Evolution. It pairs well with the spice-driven Cajun rub on this veal chop. It has a refreshing balance of nine different aromatic white varieties, which is a fun and lively flavor complement that won't underline the heat. And your palate will be cleansed with every sip.

Another white wine to try would be the Freemark Abbey Johannesberg Riesling from Napa Valley. This varietal has a touch more sweetness. That harmonizes well, even with meat flavors. Traditionally, many cuisines from warmer climates use hot spices in sauces and rubs as a preservative for meats and fish. Many are part of the culture's

cuisine, such as curries in Indian and Southeast Asian cooking and jalapenos in Central American foods.



One of the only 37 Americans to earn the prestigious Master Sommelier Diploma, Joseph Spellman currently serves as Master Sommelier for Paterno Imports, Lake Bluff, IL.

City Views: Santa Barbara

Aldo's
Italian

1301 State Street
Santa Barbara, CA
805/963-6687

Chef: Eleutario Lara
Veal Scallopini – veal sautéed in white wine, lemon juice and spices, served with mostaccioli pomodoro.

Citronelle

Santa Barbara Inn
Seafood
901 E. Cabrillo Blvd.
Santa Barbara, CA
805/966-2285

www.citronelle.com
Chef: Felicien Cueff
Veal Chop – served with potato risotto and garlic sauce.

El Encanto Hotel
New World American
1900 Lasuen Rd.

Santa Barbara, CA
805/687-5000

Chef: Mark Kropczynski
Grilled Veal Chop – served with sautéed potatoes, braised endive and red wine cranberry sauce.

Mimosa

French Casual
2700 De La Vira St.
Santa Barbara, CA
805/682-2272

www.santabarbaramimosa.com
Chef: Derreck Melton
Grilled Veal Scallopini – served with mushrooms, white wine, and roquefort cream sauce.

