

## Grilled Veal Chop in Morel Sauce

Author: Chef Eric



Easy and delicious, this grilled veal chop morel sauce dish combines all the marvelous flavors of the morels in a sauce, with one of finest veal cuts.

### Ingredients

2 veal chops, French cut  
 1 ounce dried morels, soaked in cold water  
 2 small shallots, chopped  
 ½ cup brown veal stock  
 ¼ cup whipping cream, 35% fat  
 ¼ cup white wine  
 1 teaspoon butter  
 Juice from ½ lemon

<b>Preparation Time</b>	10 min	<b>Difficulty</b>	Simple
<b>Portions</b>	2 serving	<b>Yield</b>	
<b>Country/Region</b>			
<b>Vegetarian</b>	No		

### Preparation

**Start the sauce:** Carefully wash the morels in cold water and dry them thoroughly. Leave them whole if they are small; cut them up if they are large. Sauté the shallots in the butter on low heat, being careful not to brown. Season with salt and pepper. Next, add the morels and fry for a few minutes. Deglaze with the white wine; add the lemon juice and let the sauce boil until it is reduced to two thirds of its consistency. Then, add the veal stock. Simmer on low heat until sauce is reduced again by half. Add the cream and cook for 10 to 15 minutes. The sauce should be thick enough to coat the back of a spoon. Taste and adjust seasoning.

**Cook the chops:** Make sure your grill is clean and very hot. Season the chops on both sides and brush them slightly with vegetable oil. Mark and cook the chops up to medium rare (the blood will start to run out of the meat). When cooked, serve the chops immediately with the morel sauce.

### Notes

**Hints and tips:** Veal is the meat of a calf up to one-year old. It is white, tender, and a very lean meat. Considered a delicacy by many chefs, the meat quality can vary depending on how the calf was raised. A hundred years ago, the finest veal came from calves raised on a diet of milk, eggs, and occasionally barley. Today, the best veal calves are raised on mother's milk. Veal is rich in iron and phosphorus. Veal should be moist and appear white or slightly pink. The best cuts of veal are the rump end of the loin, the loin, the leg, the ribs and neck, and the filet. The next best cuts come from the shoulder, breast, flank and upper ribs.