



## **COTE DE VEAU VALLEE D'AUGE**

**For the Love of Good Food**

### **VEAL CUTLETS FROM THE D'AUGE VALLEY**

The following recipe comes from the Normandy region in North Western France, which is famous for dairy produce, Calvados (apple brandy) cider and beef. Veal cutlets with a creamy cider sauce served with mushroom stuffed apples include all the signature flavors of the region. Although the recipe states veal chops, it is equally good with pork, especially with medallions of pork loin, or indeed with boned chicken breasts.

This is a very rich dish, but is worth doing occasionally. You can use low fat substitutes, but cut down the cooking time as they lose their texture during cooking.

#### *Ingredients (serves 6)*

*6 Veal cutlets*

*3 shallots, chopped very fine*

*4 ounces of butter*

*1 tablespoon of oil*

*12 ounces of mushrooms, chopped*

*3 ounces of sour cream*

*9 green apples – golden delicious (6 cut in 1/2 and cored, 3 peeled and chopped)*

*3 tablespoons Calvados*

*8 ounces of dry cider*

*1/8 cup reduced beef stock or 1 teaspoon concentrated beef stock – made up*

*Parsley to garnish*

1. Pre-heat the oven to 350. Place the apple halves, cut side up in a roasting pan and dab with some of the butter and sprinkle with some Calvados. Cook in the oven for 15-20 minutes.
2. Sauté the chopped mushrooms and apples in a little of the butter until they have rendered all their water, (can also add chopped clove of garlic if desired) season with salt and pepper, deglaze with 1 tablespoon of Calvados add a tablespoon of the sour cream and pack into the middle of the cooked apples. Keep warm. Sprinkle with chopped parsley to serve.
3. Dust the chops, or whatever meat you are using with seasoned flour. Sauté in ½ the remaining butter and oil for 6 minutes a side on medium to high. Keep warm in separate dish.
4. Using the same skillet as for the meat, drain off the remaining fat. Add the remaining butter and on a low heat gently sweat the shallots until translucent. Add the remaining Calvados and the cider and reduce by half, add the stock and reduce by half again. Add the sour cream and reduce by half.
5. Serve the meat covered with the sauce, accompanied by the stuffed apples and some steamed potatoes with chopped parsley.
6. Cider is a great accompaniment, or a rich white wine – an oaky Chardonnay.