

Québec Certified Grain-fed Veal

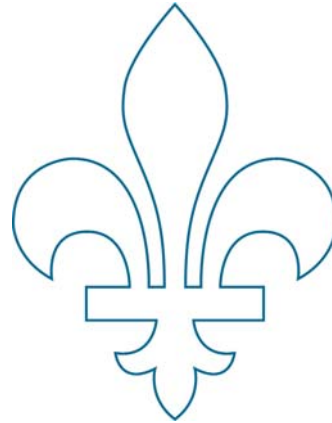
For years, America's finest chefs have served Le Québécois grain-fed veal because it is versatile, delicious and nutritious. Le Québécois veal can now be enjoyed in your home. Try one of the recipes inside and add some luxury to your next meal!

Le Québécois veal comes from a community of family-owned farms in Québec that share a common goal of creating the world's finest veal.

Inspired by European farming practices, Le Québécois is the first veal program to combine USDA-approved All Natural* status, humane animal husbandry, full traceability, and sustainable farming practices.

- No Added Growth Hormones
- No Antibiotics
- Fed Natural Diet
- Humanely Raised

**No artificial ingredients. Minimally processed.*



 **LE QUÉBÉCOIS.**

*Grain-fed Veal Recipes
From Québec*



All Natural!

Exclusive Importer

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Grain-fed Veal Osso Bucco

PREPARATION TIME: 1½ hours SERVES: 4

INGREDIENTS

- 4 grain-fed veal osso bucco, 1/2 lb each
- 1 tbsp olive oil
- Salt & freshly ground pepper
- 4 carrots, sliced
- 2 small onions, peeled & halved
- 3 cloves of garlic, minced
- 3 cups chicken stock
- 1 bay leaf
- 2 tsp dried thyme
- 1 cup green beans
- 1 cup frozen peas

PREPARATION

- In a large skillet, brown the grain-fed veal osso bucco in oil at high heat for 3 minutes, turning once to brown both sides well. Season with salt and pepper.
- Add the carrots, onions and garlic and cook for 1 to 2 minutes. Pour in enough chicken stock to cover the meat. Add the bay leaf and thyme, then bring to a boil. Cover and cook on low heat for 1 hour or until the meat releases from the bone. Skim the grease from the stock.
- Add the green beans and peas, and cook for another 15 minutes until done.



Korean Grain-fed Veal Strip Loin Salad

PREPARATION TIME: 30 minutes SERVES: 4

INGREDIENTS

- 4 grain-fed veal strip loin steaks, 5 oz. each
- Salt & freshly ground pepper

SALAD

- 2 carrots, julienned
- 2 cups bean sprouts
- 4 scallions, thinly sliced
- 1 cucumber, julienned
- 2 cups snow peas or green beans, julienned

VINAIGRETTE

- 1/3 cup soy sauce
- 3 tbsp rice vinegar
- 1 tbsp fresh ginger, grated
- 1 tbsp sugar
- 1 tsp toasted sesame seeds
- 1/2 tsp crushed chili pepper
- 1 clove of garlic, minced

PREPARATION

- In a mixing bowl, combine the soy sauce, rice vinegar, ginger, sugar, sesame oil, crushed chili pepper and garlic. Set aside half of the vinaigrette for the salad. Pour the other half of the vinaigrette into a bowl and toss in the strip sirloin steaks. Marinate meat for 1 hour in the refrigerator.
- On a preheated grill, cook the steaks at moderately high heat for about 3 minutes on each side, turning only once.
- Transfer meat to a plate and cover with aluminum foil. Let rest for 5 minutes.
- Place the remaining vegetables in a bowl and add the vinaigrette. Season with salt and pepper, and toss.
- Divide the salad onto 4 serving plates.
- Cut the steak on an angle into 1/4 inch strips and arrange them on the salad.



Grain-fed Veal Eye Round Roast, Singapore Style

PREPARATION TIME: 50 minutes SERVES: 6

INGREDIENTS

- 1 - 1½ lb grain-fed veal eye round roast

MARINADE

- 2 tbsp Hoisin (plum) sauce
- 2 tbsp ketchup
- 2 tbsp soy sauce
- 2 cloves of garlic, chopped

PREPARATION

- Preheat oven to 350°F. Lightly grease a baking pan.
- In a bowl, mix together the marinade ingredients.
- Coat the roast with the marinade and place it in the pan.
- Bake for 50 minutes or until a meat thermometer inserted in the middle of the roast reads 150°F.
- Remove roast from oven and let rest for 15 minutes.
- Remove string and slice the grain-fed veal eye round roast.
- Serve with fried rice or vegetable rice vermicelli.

