

INGREDIENTS

For the grillades:

2 1/2 pounds veal top round, cut into 2-inch cubes

Creole seasoning

Flour, for dredging

1/4 cup vegetable oil

2 cups chopped onions

1 cup chopped bell peppers

1 cup chopped celery

Salt

Pinch cayenne pepper

2 cups peeled, seeded and chopped tomatoes

1 tablespoon chopped garlic

5 bay leaves

1/4 teaspoon dried thyme

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

2 cups beef broth

1/2 cup dry red wine

Ground black pepper

3 tablespoons chopped green onions

2 tablespoons finely chopped parsley leaves

For the grits:

4 1/2 cups whole milk

1 1/2 teaspoons salt

1/4 teaspoon cayenne pepper

1 tablespoon butter

2 cups white grits

2 cups grated white Cheddar



Veal Grillades and Grits



8 servings

By Chef Jeremy Langlois

In a mixing bowl, add the veal. Season with Creole seasoning. Add the flour and toss the meat, coating completely. Turn the meat out onto a floured surface and lightly pound with a meat mallet. Turn the meat over and lightly pound again.

In a large, cast iron pot, heat the oil. When the oil is hot, add the veal. Cook until the meat is browned on both sides, 5 to 6 minutes. Add the onions, bell peppers and celery. Season with salt and cayenne. Continue stirring, scraping the bottom and sides of the pot to loosen any browned particles. Cook for 5 to 6 minutes, or until the vegetables are wilted. Add the tomatoes and garlic. Cook, stirring often and scraping the bottom and sides of the pot, for 3 to 4 minutes. Add the bay leaves, thyme, oregano, basil, beef broth and wine. Season with salt, cayenne pepper and black pepper. Bring the liquid to a simmer, and cook for about 1 1/2 hours or until the meat is very tender, stirring occasionally and keeping the pot partially covered. Remove the bay leaves.

For the grits:

Preheat the oven to 350 degrees F.

In a saucepan, over medium heat, add the milk, salt, cayenne and butter and bring to a boil. Stir in the grits and reduce the heat to medium. Stir for 30 seconds, then add 1 cup of the cheese and stir until the cheese melts. Cook, uncovered, for 4 to 5 minutes, stirring constantly, until the grits are tender and creamy. Pour the grits into a greased square glass pan. Sprinkle the remaining cheese over the grits. Place in the oven and bake for 10 to 15 minutes or until the cheese is melted and slightly golden.

To serve, spoon the grits in the center of each plate. Spoon the greens around the grits. Spoon the veal mixture over the grits. Garnish with green onions and parsley.