

Veal, Beef, Lamb and Pork

Veal Normandy
Veal Scallopini with Green Pepper and Mustard Sauce
Rib Steak with Pepper and Port Wine Sauce
Lamb Chops with Lemon and Oregano
Lamb Chops with Mint Sauce
Leg of Lamb Normandy
Pork Chops with Chestnut Sauce
Pork Chops with Lavender Creme Fraiche Sauce
Roast Loin of Pork with Garlic Cream

VEAL NORMANDY

SERVES 4

4 veal shoulder chops
2 tbs olive oil
1 onion, minced
2 shallots, minced
1 bouquet garni
salt and pepper
10 oz dry cider

Sauce

1 cup dry cider
8 oz creme fraiche
1 lemon
salt and pepper

1. Brown the chops in the oil over high heat.
2. When the chops are brown, add the onion, shallots, bouquet garni, salt and pepper.
3. Pour in the 10 oz of dry cider. Cover the pan, reduce the heat, and cook for 1 hour.
4. Remove the meat from the sauce. Strain the sauce.
5. Bring the sauce to a boil. Add 1 cup dry cider. Reduce by half.
6. Add the creme fraiche; mix well. Boil for 1 minute longer.
7. Pour any juice that has drained from the meat into the sauce. Add the juice of the lemon. Mix well.
8. Serve each chop topped with sauce and surrounded by slices of tart apples and green beans.

VEAL SCALLOPINI WITH GREEN PEPPER AND MUSTARD SAUCE

SERVES 4

4 thinly sliced veal steaks, pounded
1 tbs butter
1 tbs olive oil
1/2 cup white wine
1 cup creme fraiche

3/4 tsp crushed green peppercorns
1 rounded teaspoon Dijon mustard

1. Quickly saute the veal in the butter and oil.
2. Remove the veal from the pan; keep warm. Turn up the heat, and add the wine. Stir up the cooked-on bits, and reduce the wine by half.
3. Add the creme fraiche to the pan. Pour in any liquid that has accumulated from the meat. Stir well.
4. Add the green pepper and mustard. Stir well.
5. Return the veal to the pan. Coat well with the sauce. Continue to cook just until the veal is heated through.
6. Serve at once with French bread.

BEEF STROGANOFF

SERVES 6

1-1/2 lbs stewing beef
3 tbs butter
1 tbs chopped onion
1 lb sliced mushrooms
salt and pepper
nutmeg
1/4 cup white wine
1 cup creme fraiche
1 lb noodles, cooked al dente

1. Pound the beef until thin. Cut into 1 inch pieces.
2. Put 1 tablespoon butter and the chopped onion into a heavy skillet. Saute for 2 minutes.
3. Add the beef and brown. Remove the beef and keep it warm.
4. Add 2 tablespoons butter to the pan. Add the mushrooms. Saute for 3 to 4 minutes.
5. Return the beef to the pan. Season with salt, pepper and a pinch of nutmeg.
6. Saute for 5 minutes.
7. Add the wine. Cook for 5 minutes longer.
8. Add the creme fraiche. Mix well to coat meat. Bubble for 2 to 3 minutes.
9. Serve with al dente noodles.

RIB STEAK WITH PEPPER AND PORT WINE SAUCE

SERVES 4

1 tbs whole black peppercorns
4 eight oz steaks
salt
2 tbs olive oil
3/4 cup port wine
3/4 cup creme fraiche

1. Crush the peppercorns with a mallet or heavy skillet.
2. Season the steaks with salt and the crushed peppercorns.
3. Heat the oil in a heavy skillet. Cook the steaks over a high heat for about 4 minutes on each side. The cooking time will depend upon the thickness of

the steaks. Remove the steaks from the skillet and keep warm.

4. Pour off any excess fat. Add the wine to the pan. Turn up the heat and reduce the wine by half. Scrape up any bits clinging to the pan. Pour in any liquid that accumulated from the meat.
5. Stir in the creme fraiche. Bubble for 2 minutes longer.
6. Place one steak on each plate, and top with sauce. Serve immediately.

LAMB CHOPS WITH LEMON AND OREGANO

SERVE 4

4 lamb chops
1 tbs butter
1 tbs olive oil
1 clove garlic, minced
juice of one lemon
1 cup creme fraiche
1 tbs fresh oregano, chopped
cracked black pepper

1. Several hours in advance, add the oregano to the creme fraiche.
2. Saute the lamb chops with the garlic in the butter and oil.
3. Remove the chops from the skillet; keep warm. Turn up the heat; add the lemon juice to the skillet. Reduce the lemon juice by half.
4. Add the oregano-scented creme fraiche to the skillet. Pour in any liquid that has accumulated from the meat; mix well. Heat to bubbling.
5. Return the lamb to the skillet. Coat the lamb with the sauce. Continue heating until the lamb is heated through.
6. Serve at once.
7. Pass cracked black pepper.

LAMB CHOPS WITH MINT SAUCE

SERVES 4

A resinated white wine is especially nice to drink with this dish. You can purchase resinated wines in Greek grocery stores or make your own by adding mastic to dry white wine. Mastic is crystallized resin. It is available in Greek or Armenian grocery stores.

4 lamb chops
1 tbs butter
1 tbs olive oil
1 cup creme fraiche
2 tbs chopped fresh mint
1 clove garlic, minced
1/2 cup white wine
zest of half a lemon, minced
cracked black pepper

1. Several hours in advance, mix the mint and garlic into the creme fraiche. The mint and garlic will scent the creme fraiche.
2. When you are ready to prepare the dish, strain the creme fraiche.
3. Saute the lamb chops in butter and oil.

4. When the chops are done, remove them from the pan. Keep them warm in the oven while you are making the sauce.
5. Pour excess fat from the pan. Turn the heat to high, and add the wine. Reduce the wine by half.
6. Add the creme fraiche to the pan. Pour in any liquid that has accumulated from the meat. Stir well, and heat to bubbling.
7. Add the minced zest; mix well.
8. Cover the bottom of each plate with sauce; top with a chop; sprinkle with black pepper, and top each chop with a sprig of fresh mint. Serve immediately.

LEG OF LAMB NORMANDY

SERVES 6

*1 four lb leg of lamb
5 to 6 cloves garlic
salt and pepper
2 mint leaves
8 oz dry cider
8 oz creme fraiche*

The Lamb

1. Rub the leg of lamb with the garlic, salt and pepper.
2. Put on a rack in a shallow roasting pan. Insert a meat thermometer; roast in a 350 degree F oven until the thermometer registers 130 degrees F.

The Sauce

1. When the meat is done, remove it from the pan. Skim the fat from the cooking juices. Place the cooking pan over medium-high heat. Deglaze the pan with the dry cider. Add the mint. Reduce by half.
2. Add the creme fraiche and salt and pepper to the pan. Stir well, and bring to a boil. Take off the heat.
3. Slice the leg of lamb. Pour any juice from the lamb into the sauce. Mix well, and reheat the sauce.
4. Serve the meat with its sauce on very hot plates.

The traditional French side dish is flageolet or fava beans.

PORK CHOPS WITH CHESTNUT SAUCE

SERVES 4

*4 pork chops
2 tbs butter
1 cup chestnut puree
1 tsp minced garlic
1 cup creme fraiche
1/2 cup white wine*

1. In a blender or food processor, process the chestnut puree, garlic and creme fraiche.

2. Saute the pork chops in butter.
3. When the chops are done, remove them from the pan; keep warm.
4. Add the wine. Turn up the heat, scrape up the browned bits, and reduce the wine by half.
5. Add the chestnut mixture. Bring to a boil. Pour in any liquid that accumulated from the meat. Bubble the sauce for 2 minutes.
6. Put the chops back into the pan. Coat with sauce, and heat through.
7. Serve at once.

PORK CHOPS WITH LAVENDER CREME FRAICHE SAUCE

SERVES 4

4 pork chops
2 tbs butter
1/2 cup white wine
1 cup creme fraiche
1 tsp lavender blossoms
1/4 tsp cracked black pepper

1. Saute the pork chops in the butter.
2. Remove the chops from the pan; keep warm.
3. Add the wine to the pan. Turn up the heat. Using a spatula, scrape up any browned bits. Reduce the wine by half.
4. Add the creme fraiche, lavender blossoms and black pepper. Pour in any liquid that has accumulated from the meat. Mix well, and bring to a boil.
5. Return the chops to the pan. Cover with the sauce, and cook until the chops are heated through.
6. Serve at once.

ROAST LOIN OF PORK WITH GARLIC CREAM

SERVES 6 TO 8

 Rubbing creme fraiche on the surface of a roast forms a crust and seals in all the juices.

5 lb pork loin, bone in
2 heads garlic, peeled
4 tbs fresh rosemary
1 tbs freshly ground pepper
1 cup creme fraiche
1 tsp salt

1. Preheat oven to 325 degrees F.
2. In a food processor or blender, process the garlic with the rosemary, salt and pepper to a thick paste.
3. Mix the garlic paste with the creme fraiche.
4. Place the pork loin, bone side down, on a rack. Rub the creme fraiche-garlic paste over the meat.
5. Place the meat on a rack in a roasting pan. Insert a meat thermometer, and bake until the internal temperature reaches 150 degrees F. Increase the heat to 400 degrees F, and roast for 10 to 15 minutes longer.
5. Remove the meat from the oven and let it rest for 20 to 30 minutes before carving and serving.