

PLAIN & Fancy COOKING

Prosciutto Wrapped Veal Medallions with Figs and Port Wine

From Paul Jenkins,
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Ingredients:

2 whole veal tenderloins, trimmed,
cut into 1 1/2" medallions
3 oz. prosciutto ham, sliced thin
1 tsp. fresh thyme leaves, chopped
kosher salt and ground black
pepper to taste
oil for cooking

Fig Sauce -

5 fresh figs, stemmed and quartered
1/2 cup balsamic vinaigrette
1/2 cup port wine
3/4 cup good quality veal stock
reduction

Spiced Pecan Orzo Rice -

2 cups cooked brown rice
1/2 cup toasted, cooked orzo
1/8 cup ea. celery, red pepper, carrots,
spanish onion (all finely diced)
1 tsp. fresh thyme
1/4 cup chopped toasted pecans or
walnuts
cayenne pepper to taste
clarified butter

Paparadelle Squash -

1 ea. green (zucchini) and yellow
(summer) squash
virgin olive oil

(over)

fresh squeezed lemon juice
salt and pepper to taste

To Prepare:

To assemble and cook veal medallions, slice the prosciutto lengthwise into 1" strips. Season veal to taste with thyme, salt and pepper. Lay strips of prosciutto flat on work surface and wrap veal medallions securely. Next, sauté wrapped medallions in oil. Continue to cook until slight pink remains in the center of each medallion. Remove from pan and hold warm for service.

To prepare the fig sauce, deglaze your pan with balsamic vinegar and reduce to glaze. Add port wine and continue to cook and thicken. Add veal stock and simmer to correct consistency. Add figs and warm through; do not over cook at this point.

To prepare spiced pecan orzo rice, toast nuts in clarified butter and season with cayenne pepper. Add diced veggies and thyme and cook quickly until soft. Add pasta-rice blend to nuts and veggies. Mold rice or mound in center of plates for service.

Next, julienne the squash into long, wide ribbons using the flat blade of a mandoline (if you have one). Discard the center portions of the squashes which contain the seeds. Dress squash ribbons with olive oil and lemon juice. In a stainless steel bowl, season to taste with fresh herbs of choice, salt and pepper.

Mound squash atop rice for service, surrounded by veal medallion and fresh fig sauce with figs arranged neatly. Serves 4.

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