

Winter Veal Chop with Mustard Sauce, Rum & Polenta

From Josephine's Petite Cucina

The weather in Northern California allows my husband and me to enjoy grilled meats year round. But what do you do when it's a stormy December with torrential rain that lasts three days?

The answer became apparent when we cooked this pan-seared veal chops and polenta dish. It features a touch of mustard, olive oil, and rum and is the most succulent veal chop I've ever tasted!



The Set-Up –



Before we begin, let me take a moment to recognize 3 female Italian cooks who have shaped my life in cooking –

1) My Mother – Josephine Biviano – for whom this cookbook is named

2) My Grandmother – Margaret Cifonelli – who taught me how “to taste” rather than measure

3) The “Godmother of Italian Cooking in America” – Marcella Hazan – whose polenta recipe is featured here.



The Ingredients (Dinner for Two) –

2 Veal Chops	Polenta
Summer Savory	Water
2 tbsp. Dijon Mustard	Parmesan Cheese
2 tbsp. Extra Virgin Olive Oil	Cracked Pepper
3 oz. Rum	Chives (garnish)
1 tbsp. Cream	

Cooking the Veal Chops –

In a large frying pan, sear the veal chops on both sides and set them aside.

In the same pan, mix the Dijon mustard, olive oil, and summer savory with the pan juices. Add a dash of cracked pepper.

Place chops back in pan and broil for 6–7 minutes per side until they are medium (pink inside).

Coat the veal chops with the mustard, pan juice and oil mixture, holding about 1/4 of the mixture in reserve. Let the chops rest aside, covered with foil on plate.

Deglaze the pan with the Rum. Add the remainder of mustard & oil mixture and reduce by half. Add a splash of cream if desired (I highly recommend as it is perfect with the summer savory).

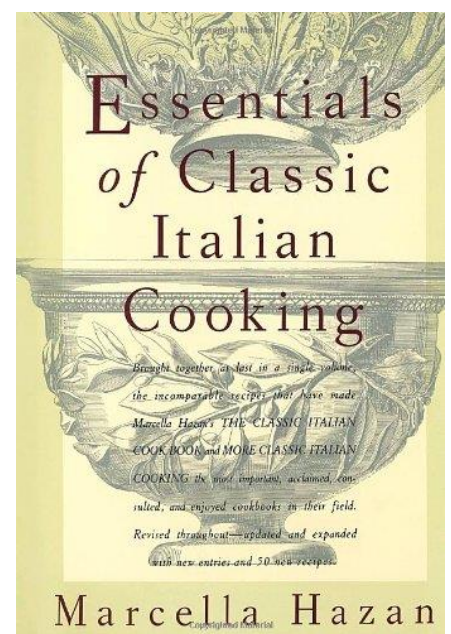
Cooking the Polenta: Marcella Hazan’s “No stir, Double-Boiler” Method

Marcella Hazan wrote the text book on classic Italian cooking. Her old country style includes stories about proper cooking, use and storage of Italian ingredients, and those little things that make cooking Italian food authentic.

It’s not just for the eating – but for the adventure. Her son, [Giuliano Hazan](#), continues her legacy as one of America’s most popular Italian American cooks.

Though this is the first time I’ll cite Marcella Hazan, rest assured, it won’t be the last.

Marcella’s “no-stir, double-boiler” method of cooking polenta is by far the best when cooking a meal with lots of moving components.



Think about it – just the constant stirring required for risotto and polenta has led many a cook to find a replacement, which is usually pasta or an easier cooking rice.

But there's no need for a substitute if you follow this recipe from [*Essentials of Classic Italian Cooking*](#) by Marcella Hazan –

“It is nonetheless possible to make very good polenta with hardly any stirring. It will take the same amount of time but it will free you from the stove for the better part of an hour. Use exactly the same ingredients in the basic recipe above and proceed as follows –

1) Bring the water to a boil in a very large, heavy pot.

2) Add the salt, keep the water boiling at medium-high heat, and add the cornmeal in a very thin stream, letting a fistful of it run through nearly closed fingers. You should be able to see the individual grains spilling into the pot. The entire time you are adding the cornmeal, stir it with a whisk, and make sure the water is always boiling.

3) When you have put in all the meal, stir with a long-handled wooden spoon for 2 minutes, then cover the pot. Adjust heat so that the water bubbles at a lively simmer, but not at a full boil. When the polenta has cooked for 10 minutes, uncover and stir for 1 full minute, then cover again. After another 10 minutes, stir again, then cover, let cook another 10 minutes, stir once more, and in 10 minutes, repeat the procedure.

4) Forty minutes will have elapsed, and the polenta will need another 6 minutes to shed its graininess and come together into a soft, creamy mass. Just before you take it off the heat, stir it vigorously for about 1 minutes, loosening it from the pot. Turn it out of the pot into a moistened bowl, and proceed as described in the basic recipe, page 274.”

The Finish –

Serve chops over polenta and cover with sauce. Garnish with snipped chives.

Buon Appetito!