



## THE MEAT HOUSE: 30 Minute Recipe

*Your Neighborhood Butcher*

### SEARED VEAL CHOPS WITH GRILLED BROCCOLI AND LEMONS

*Yields: Dinner for two or Appetizer for 4-6*

- 4 bone in veal chops (1-1 ½ inch thick)
- Extra virgin olive oil
- Kosher or sea salt
- Freshly ground black pepper
- 4 tablespoons chopped fresh oregano
- 1 package broccoli
- 3 lemons cut in half the round way
- 2 cups wood chips (oak, hickory or mesquite)
- Meat House Lemon Pepper Seasoning

#### Instructions

Lightly brush or rub the chops with olive oil and season generously with salt and pepper. Place the chops in a non-reactive (glass, plastic, pyrex . . . no metal) baking dish and squeeze the juice of one lemon over them. Sprinkle the oregano on both sides of the chops, turning them several times to evenly coat the meat. Let the chops marinate for 30-45 minutes on the counter . . . we want them at room temperature so they cook evenly. Cut the broccoli into long fairly uniform spear shaped pieces and toss in a mixing bowl with olive oil and lemon pepper seasoning to taste. Preheat the grill to high and brush and oil the grates. If you're using a gas grill, and you decide to use wood chips or chunks, now's the time to put them in the grill. Simply run the grill on high until you see smoke, then start the chops. If using a charcoal grill, preheat it to high then toss all of the wood chips or chunks on the coals. When they catch, start grilling the meat. Place the marinated chops on the grate, arrange the lemons cut side down around the meat and a little off the hot zone. Grill the chops until cooked to taste, 6 to 8 minutes per side for medium rare. If you're in the mood, rotate the chops a quarter turn after 3 minutes to create a beautiful cross-hatch of grill marks. To test for doneness, poke the chops by hand, the meat should be firm and will yield slightly. A meat thermometer can offer peace of mind . . . aim for 135 to 140 degrees as it'll continue to cook as it rests. Move the chops to a platter or plates and let rest for about 3-5 minutes. As the chops rest, quickly grill the broccoli over high heat for 3-5 minutes. A grill wok is very helpful here. Serve the chops with the grilled broccoli and a warm grilled lemon half.



#### Options

- Use dry wood chips for light smoke and soaked wood chips for a more smoky flavor.
- You can completely change the flavor and feel of this dish by substituting cilantro or basil for the oregano.
- The broccoli can be done in a skillet or roasted in the oven to save grill space and make the timing easier when plating the meal.
- For an elegant and flavorful finish, dust the platter with kosher salt, pepper and fresh oregano.

*For store locations, recipe ideas or to shop online visit:*

[www.TheMeatHouse.com](http://www.TheMeatHouse.com)