



Baked veal chop & fennel, tomato risotto.

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Ingredients

for chop:

1 veal chop 'hotel style' cut
1 cardomon pod ground
1 tsp coriander seeds ground
1 tsp cumin seeds ground

for risotto:

500 gr canarolli rice
2 small shallots chopped
300 ml white wine
2 tsps fennel seeds
5 sundried tomatoes chopped
2 nob of cold butter
2 tbs graded parmesan
chicken stock

for corn sauce:

2 cobs of fresh corn
300 ml chicken stock
75 ml cream
1 tsp curry powder
nob of cold butter
sprinkle of chili flakes

Instructions

Oil veal chop and season with salt on both sides. Rub ground spices on chop and set aside.

Start risotto. In a pan with 3 tsp of good olive oil, sweat shallots then add rice. Stir. Once the rice has absorbed some oil add the white wine. Stir gently until the wine has been absorbed then gradually add the chicken stock, fennel seeds and chopped sundried tomatoes. Stir again until all the liquid has been absorbed and if needed add more liquid until rice is tender but not mushy. Finally add the cold butter and parmesan. Season as you go.

While rice is cooking, place veal chop on a baking pan and place in 400F oven. Turn over chop at the 10 minute mark and cook for a further 10 to 15 minutes. Finally place under broiler and color for 2 or 3 minutes.

Corn sauce. Cut kernels off both ears of corn and reserve about 1/4. Place corn in pot and add chicken stock. Bring to a boil and add cream, curry powder and chili flakes. Simmer for 10 minutes then buzz with a hand blender. Add whole kernels and adjust seasoning.

I added some fresh greens between the risotto and the chop just to give the meat some height and help in the presentation.