



## Tuscan Veal Chops

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 20 minutes

Total Time: 30 minutes (plus 6-24 hours marinating)

### Marinade:

- 4 veal chops, each about 1-inch thick
- 3 tbsp olive oil
- 3 tbsp fresh lemon juice
- 2 tbsp chopped fresh flat-leaf parsley
- 1 tbsp lemon zest
- 1 large garlic clove, minced
- 1 tsp dried oregano
- 1/4 tsp Kosher salt
- 1/4 tsp freshly ground black pepper

### Herb Gremolata:

- 3 tbsp chopped fresh flat-leaf parsley
- 2 tbsp olive oil
- 1 tbsp chopped fresh mint
- 1 tbsp lemon zest
- 1 tbsp fresh lemon juice
- 1 small garlic clove, minced
- 1/4 tsp Kosher salt
  
- Lemon wedge, for garnish

### For the Marinade:

Place veal chops in a glass baking dish. In a small bowl, whisk olive oil, lemon juice, parsley, lemon zest, garlic and oregano and pour over veal chops. Turn chops to coat well, cover and refrigerate, turning occasionally, for 6-24 hours.

Remove veal chops from marinade and season with salt and pepper. To grill, preheat barbecue to medium-high heat and lightly oil grill grate. Grill veal chops 6-8 minutes per side for

medium doneness, or until an instant-read thermometer inserted horizontally into a chop registers 155°F (do not touch bone), 10 to 15 minutes depending on thickness. Remove from grill and let rest 5 minutes before serving.

Alternatively, to pan-roast, preheat the oven to 425°F. Heat 1 tbsp unsalted butter and 1 tbsp olive oil in a 12-inch heavy ovenproof skillet over moderately high heat until hot but not smoking. Sear chops until golden brown, about 3 minutes per side. Transfer skillet to middle of oven and roast chops until an instant-read thermometer inserted horizontally into a chop registers 155°F (do not touch bone), 10 to 15 minutes depending on thickness.

For the Gremolata:

In a small bowl, combine all ingredients. Once the veal chops are cooked, transfer to a serving platter and top each chop with a spoonful of gremolata. Serve with a wedge of lemon.

*Recipe from Lick Your Plate*