

GARLIC PEPPER-CRUSTED VEAL CHOP WITH PEARL-ONION DEMIGLACE

If you prefer, you can substitute veal for pork in this recipe. At Chai's Island Bistro, we serve a veal chop, but whichever you choose, the preparation is the same. Lamb, on the other hand, would not be a good substitute here because it can overpower the marinade.

- 4 veal chops
- 4 Tbsp. garlic, chopped
- 2 Tbsp. shallot, chopped
- 4 Tbsp. Chinese parsley, chopped (stems and roots are preferable to green leaves)
- 4 Tbsp. Aloha Shoyu
- ½ Tbsp. black pepper
- 4 Tbsp. vegetable oil
- 12 pearl onions
- 1 c. red wine
- 1 c. veal stock
- 4 Tbsp. unsalted butter
- 4 c. mashed potatoes
- 4 c. sautéed vegetables of your choice

Tip:

You may substitute the large pork chops for veal chops or fillets of any meat.

- Clean and trim fat from veal chops. Set aside.
- In a bowl, mix garlic, shallot, Chinese parsley, shoyu and pepper into a marinade. With your hands, squeeze the Chinese parsley to release the flavor.
- Add veal chops to the bowl and coat with marinade. Let sit for a minimum of 1 hour or overnight.
- In a sauté pan over medium-high heat, cook the veal chops in oil for about 3 minutes or until they turn light brown. Flip over the chops and add pearl onions. Cook for 2 minutes and remove chops from the pan. Add red wine and veal stock, reduce liquid to a quarter of its original volume, then whisk in butter until it is incorporated.
- Serve with a scoop of mashed potatoes and any sautéed vegetables.
- Serves: 4