

06/10/10 - Chipotle Tamarind Veal Chops

When the daylight is at its longest from late May until August, there is time to do a barbecue even for Shabbat Dinner. Last Friday I just wanted to do something simple but delicious for the four of us. No Nona, no grandpa, we were on our own. It was one of those rare Friday nights, when you can come to dinner in your pajamas if you like. No pressure, no fancy serving platters required just me, my husband, and the boys with their quick wits and good senses of humor. I wanted to have everything prepared early so I could rest a bit before sundown and serving the meal.

Luscious veal chops well flavored with a little heat, brown and wild rice blend with Anaheim chili, onions and Middle Eastern seasoning, Spring time asparagus with shitake mushroom sauté, and a treat of roasted zucchini blossoms made up the menu. Since it was a Friday night, I also served home made Challah roles. For dessert, we had fresh California Rainier Cherries and slices of dense, dried fruit filled banana cake. Try this menu for a Friday night or any other night you want high quality, well flavored, special dinner.

Veal Chops



My husband and boys love a good veal chop. I buy them cut about 1 and ½ inches

thick and with a thin layer of fat remaining on the perimeter of the chop. This recipe is everyone's favorite. It is sweet, sour, and spicy all at the same time with that grilled flavor for added depth. 6 garlic cloves peeled

Juice of two limes

3 tablespoons olive oil

½ cup of fresh



Sea salt

Fresh cracked pepper

1/2 cup Tamarhindi (available in Middle Eastern markets or Jewish markets)

1/3 cup apricot preserves

¼ cup adobo sauce from a can of chipotle chilies in adobo

1 large chipotle chili pepper from the can of the chilies in adobo

2 tablespoons boiling water

6 thick cut rib veal chops

In a small mini processor, puree the garlic cloves with the lime juice, then add in the olive oil and the mint leaves. Place the veal chops in a flat baking dish, sprinkle with sea salt and fresh cracked pepper. Pour the garlic and lime juice puree over chops turn them to coat. Let the coated chops stand while you prepare the rest of the marinade. Combine all the other ingredients in a heavy bottomed sauce pan. Place on low heat and melt the apricot preserves and tamarhindi slowly together while stirring to make a thick jell. Spread chipotle tamarind jell on the veal chops. Let the chops sit in the refrigerator for 2-5 hours to absorb the flavor. Take out of the refrigerator 1 hour before grilling. Carefully grease the grill with oil or with cooking spray when hot. Place chops on the grill and leave them for a few minutes on each side until well caramelized. Remove chops from flame when they have reached the desired degree of doneness. Medium is great. If the chops are starting to burn and they are too rare, move them to a cooler section of the grill until they finish cooking inside and do not brown further on the outside. Let the veal rest for 10 minutes and then serve the meal.

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