



## VEAL CHOPS

Makes 2-4 servings.

This is another meat dish that I used to broil and now I pan sear it.

These chops have distinct flavor of mustard, tarragon and lemon.

### INGREDIENTS

- 2 first cut veal chops, about 1 inch thick, about 8 ounces each, deboned

### COATING

- 2 tablespoons lemon juice
- 2 tablespoons mustard
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- Leaves from 6 tarragon sprigs, coarsely chopped plus some for garnish

### PREPARATION

1. In a small bowl combine the coating ingredients. Place the meat in a non-reactive dish such as Pyrex, and cover the meat with the coating. Cover with cling wrap and refrigerate for as long as convenient.
2. Bring the meat to room temperature.

3. Heat a medium stove top grill pan or a heavy skillet over medium high heat. Add the chops with the coating, cover with splatter cover and sauté for 4 minutes. Turn over and sauté for another 3 minutes.
4. Turn off the burner, cover the pan with foil and let rest for 1 minute. The timing is for medium rare meat.
5. Slice on a diagonal into ½ an inch slices.
6. Garnish with chopped tarragon.