



Featured Recipe

From: Ship of the Month:
Wind Surf

Braised veal loin with creamy polenta and nicoise vegetables

Category: Entree (Serves 10)

Ingredients:

- 1 2/3 TBSPS olive oil
- 3 lbs veal loin
- 2 1/2 cups cream polenta (see recipe)
- 20 cherry tomatoes
- 3/4 lb haricots vert, blanched
- 1 1/4 cup fava beans, blanched
- 5/8lb asparagus tips, blanched
- 1/3 cup nicoise olives, pitted and quartered
- 1/3 cup Italian parsley, finely chopped
- 2 cups red wine sauce (see recipe)
- Sea salt & freshly ground white pepper to taste



Preparation:

Season veal loin with salt & pepper. Sear veal on all sides in hot oil. Place in oven at 450 degrees and roast until desired doneness. Remove meat. Heat vegetables with a little olive oil and add parsley

Port-Red Wine Sauce

Ingredients:

- 1 1/2 cups dry red wine
- 3/4 cup tawny port
- 9 TBSPS butter, cut in pieces

Preparation:

Boil wine and Port in large saucepan until reduced to 1/3 cup, about 25 minutes. Remove from heat. Add butter; whisk just until melted. Season with salt and pepper.

Creamy Polenta

Ingredients:

- 3 1/2 cups canned low-salt chicken broth
- 2 1/2 cups whole milk
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups yellow cornmeal
- 3/4 cup grated Parmesan cheese (about 3 ounces)

Preparation:

Bring first 4 ingredients to boil in heavy large saucepan over high heat. Gradually whisk in cornmeal. Reduce heat to medium. Cook until mixture is very thick and creamy, whisking frequently, about 12 minutes. Whisk in cheese and serve.