

Lula

Pan-Seared Veal Chops with Capers, Lemon and Artichokes

Serves 4

Ingredients:

4 - 8 oz veal chops
4 tablespoons flour
1 cup low-sodium chicken broth
14 oz canned non-marinated artichoke hearts, drained
2 tablespoons capers
2 tablespoons fresh lemon juice
1 teaspoon dried oregano
2 tablespoons butter
4 tablespoons chopped fresh parsley



Directions:

Pat chops dry. Season with salt and pepper. Lightly dredge in flour. Let stand at room temperature for 10 minutes. Coat the bottom of a heavy skillet with olive oil and heat on medium-high. Add chops and cook until golden brown, about 4 minutes on each side. Transfer to a platter.

On a cutting board, halve the artichokes. In the same pan the chops were browned in, add the chicken broth, bring to a boil, then reduce to simmer. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Continue simmering until sauce is slightly thickened.

Add artichoke hearts, capers, lemon juice and dried oregano to the pan. Return chops to the pan, cook until chops register 145 degrees, about 10 minutes. Remove chops from the pan and let rest. Add butter and parsley to the pan stirring until butter is melted. Taste the sauce and adjust seasoning as needed.

Serve veal chops with wild rice and plenty of sauce. Enjoy with a bottle of Lula Cellars 2018 Founders Cuvée Pinot Noir.