

Pistachio-Crusted Veal Chops and Squash in Tomato Sauce

Recipe By Yitty Zimmer



Cooking and Prep:  1
h 50 m

Serves:  6

Contains:  

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami
Magazine

Shelling pistachios is a time-consuming task, but for this recipe it's totally worth it. The mix of fried onions and chopped pistachios makes the veal an extraordinary dish! You will need to first fry about 5 large onions to yield the 2 cups. Serves 6–8.

Ingredients (17)

Veal

- 2 cups shelled pistachios
- 2 cups fried onions (start with about 5 large onions)
- 1/4 teaspoon salt or to taste, but additional salt for seasoning meat
- pinch of black pepper, plus additional pepper for seasoning meat
- 6–8 veal chops

oil, for searing

1/4 cup Gefen Mayonnaise

Pesach Tomato Sauce

2 tablespoons oil

2 onions, diced

5 pounds ripe tomatoes, peeled and diced

5 tablespoons sugar

1 tablespoon salt

1 teaspoon pepper

Squash

3 tablespoons oil

1 onion, diced

2 large zucchini, peeled and cubed

Sommelier Suggests

Ramon Cordova Rioja Crianza

Start Cooking

Pistachio-Crusted Veal Chops

1. Preheat oven to 350 degrees Fahrenheit.
2. Place pistachios, onions, salt, and pepper in a food processor and pulse until the mixture resembles crumbs. (Or place in plastic bag and crush using a meat pounder.) Set aside.
3. Rinse meat and pat dry. Season with salt and pepper. Heat a nonstick skillet. Grease (you'll need just a bit of oil) and add veal. Pan-sear the veal, about five minutes per side.
4. Transfer the meat to a baking pan and allow to cool for several minutes.
5. Spread a thin layer of mayonnaise on the meat and then coat it with a thick layer of the

pistachio mixture. Cover and bake for an hour and a half. Uncover and bake for an additional 30 minutes.

Squash in Tomato Sauce

After trying many different ways to make an authentic tomato sauce truly from scratch, I finally hit a home run. And since “squash-n-tomato sauce” is a supper staple in my house all year round, now we can have it for Pesach as well.

Serves 4.

1. Heat oil in a saucepan over medium heat. Add onion and sauté until translucent, about seven minutes. Add tomatoes and cook for 10 additional minutes. Blend, using an immersion blender. Add sugar, salt and pepper. Simmer for an additional 10 minutes.
2. Meanwhile, prepare the squash. Heat oil in a sauté pan over medium heat. Add onions and sauté for 10 minutes. Add squash and sauté, stirring occasionally, for an additional 10 minutes. Add tomato sauce to cover squash, and cook over low heat for one hour.