

Fontina & Spinach Stuffed Veal Chop w/ Sherry Cream Sauce

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Veal Chop Ingredients

- 1 bone in thick **Veal Chop**, or more 1 per hungry person
- **Salt and Pepper**
- 1/2 cup **Spinach**
- 1 clove **Garlic**, grated
- 1/4 cup **Fontina Cheese**, grated
- 2 tbsp **Flour**
- 1 tbsp **Olive Oil**
- 1 tbsp **Butter**

Sauce Ingredients

- 1/2 **Shallot**, finely minced
- 1/4 cup **Dry Sherry**
- 1/2 cup **Stock**, chicken, beef or veg... doesn't really matter
- 1 1/2 tbsp **heavy cream**
- 1 tbsp **Butter**
- **Salt and Pepper**

Steps

Prep the Veal Chop & Stuff it

1. Preheat the oven to 350 degrees.
2. Using a small paring knife, make an incision into the side of the veal chop. Make sure to not cut all the way through, take it slow and use your hands to help open the gap if it's your first time. It should be like a little pocket.
3. Season the inside of the pocket with salt, along with the front and back of the veal chop. You can use pepper here too, but I chose not to.
4. Heat a little bit of oil in a skillet (just use the same you'll use to sear the meat later on.) Add the spinach, grate in the garlic and add a pinch of salt. Cook until wilted (abt 2 minutes, if that) and remove into a bowl.
5. Grate the fontina cheese and combine it with the spinach. Add the mixture into the cavity of the veal chop and use about two toothpicks to secure it. (I recommend a side weave of the toothpick so it doesn't affect the sear ... honestly I showed it on camera wrong in the video when doing it, but fixed it before I added it to the pan.)

Sear the Chop and Finish in the Oven

4. Heat olive oil (or your fav cooking oil) in a pan over medium/ medium high heat. Once hot, add the chop and sear for a few minutes until you get a beautiful golden brown color. Flip, then add the butte and baste the top while it gets color on the other side. Once it's golden on both sides, carefully move the veal chop onto an oven tray and place into the oven.
5. Cook the veal chop for about 5-10 minutes, depending on thickness until it is cooked through. In the meantime, make the sauce.

Make the Sauce

10. Remove all but 1 tbsp of oil from the pan you seared the chop in. Add in the finely chopped shallot and cook for 1 min until fragrant and softened. Add in the dry sherry and allow to reduce down by half. Then add the stock and allow that to reduce down by 75%.
11. When you're almost ready to serve, add in the heavy cream and butter. Season to taste.
12. Serve the veal chop with sauce spooned over and ENJOYYYYYYY!!!