

**Chef Gary Edwards**  
**Fire and Ice on Toby Creek** presents  
**Veal Oscar**

*A classical dish prepared with an eclectic twist.*

Panko and Herb-encrusted Veal Medallions topped with Jumbo Lump Crab Meat and a light Mustard Tarragon-Butter Sauce served with a side of Lemon Asparagus Risotto topped with Mascarpone.

Single Serving, *adjust recipe accordingly.*

Ingredients:

**Herb Encrusted Veal**

2-3 oz medallions	Veal Top Round Cap off pounded
2 oz.	All purpose Flour
2 ea.	Eggs beaten
2 oz.	Panko (fresh breadcrumbs)
½ oz.	Mixed Fresh Herbs
4 oz.	Extra Virgin Olive Oil

Tarragon Mustard Sauce

1 oz.	Olive Oil
2 oz.	Diced Shallot
2 oz.	Dry White Wine
1 oz.	Glace de Viande (reduced stock)
2 oz.	Heavy Cream
½ oz.	Dijon Mustard
t.t.	Kosher Salt
t.t.	White Pepper
1 oz.	Tarragon Butter
2 oz.	Jumbo Lump Crab Meat

**Asparagus Risotto**

½ oz.	Extra Virgin Olive Oil
1 oz.	Finely Diced Shallot
2 oz.	Arborio Rice
4 oz.	Diced Asparagus
½ oz.	Lemon Juice and Rind
1 oz.	Dry White Wine
4 oz.	Vegetable or Chicken Stock
Pinch	Fresh Chopped Parsley
2oz.	Heavy Cream
t.t.	Kosher Salt
t.t.	White Pepper
1 tbs.	Mascarpone Cheese

Prepare the veal by breading in flour, egg and herbed bread crumbs  
Shallow pan fry the veal in olive oil until golden brown. Finish the veal in a moderate oven for 4 min.

To make the sauce sweat the shallot in olive oil, add white wine and reduce by half.  
Add the glace, cream, mustard and adjust seasoning.  
Incorporate the tarragon butter and jumbo lump crabmeat at the very end.

To make the risotto sweat shallot in olive oil, add rice stirring frequently to “toast” and evolve the flavors. Add white wine and stock. Sauté the asparagus separate and incorporate into the risotto. Finish with lemon and heavy cream.  
Taste for seasoning and adjust with kosher salt and pepper.

Assemble the dish by placing the risotto in the center of the plate and laying the veal onto the risotto, Add the Sauce and Crabmeat on top of the veal. Top the dish with fresh mascarpone cheese.