

Assignment #3

Veal

Cul 500-5035

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Veal is described as young male cattle that are butchered between five and nine months in age. These cattle are generally fed a diet of nutrient rich milk. Veal cattle often do not move around much, or are at least are kept in a smaller area. This prevents muscle growth, resulting in a more tender meat. Veal is especially valued for its tender texture and its very mild flavor. Veal is light pink in color. Veal is renowned for its high end classical cooking, such as veal scallopini, wiener schnitzel, and veal marsala. Veal also has several nutritional benefits, protein, iron, zinc, and vitamin B12. Veal has five primals cuts. They are shoulder, rib, foreshank and breast, loin, and leg.

Veal was first documented in usage in the Roman Empire. It was primarily used for feasts and elite households. Veal was viewed as a good canvas for complex spice combinations. Over the centuries veal became popular in Italy, and eventually making its way to Europe. During the plague veal consumption dropped off. After the plague there were three hundred years of livestock improvements, this caused trade improvements and veal became more prized. Veal became a fashion food due its versatility. In modern day, Canada produces 67% of the veal for the world.

I have learned many valuable lessons working with veal. It has a very delicate flavor that you can use many different spices with. It is a very tender meat that requires a gentle touch. I have learned that the best method for cooking veal is quick, high-heat methods. I have also learned that veal can be controversial, with the methods used in raising veal for slaughter. There is now a widespread concern for the care of cattle being raised for veal. This also fits into today's modern concern on ethical farming practices. This shows how far we have come in farming and butchery practices.

References

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