

THE WALL STREET JOURNAL.

This copy is for your personal, non-commercial use only. To order presentation-ready copies for distribution to your colleagues, clients or customers visit <http://www.djreprints.com>.

<http://www.wsj.com/articles/why-you-might-consider-ordering-the-veal-1450977597>

LIFE | FOOD & DRINK

Why You Might Consider Ordering the Veal

More-palatable production methods are helping restore veal to restaurant menus. And for your home kitchen, here's a source for humanely raised veal, plus three recipes for cooking it



KINDER CUT | This roast rack of veal makes a grand centerpiece for a festive meal. *PHOTO: ARMANDO RAFAEL FOR THE WALL STREET JOURNAL, FOOD STYLING BY HEATHER MELDROM, PROP STYLING BY RYAN REINECK*

By **MATTHEW KRONSBURG**

Dec. 24, 2015 12:19 p.m. ET

LIKE MANY WHO came of age in the 1980s, I spent years not ordering veal. News stories about the mistreatment of the calves made veal synonymous with cruelty. Images of young animals confined to constrictive crates to prevent muscle development and promote ultra-tender meat left me, and many others, with little appetite for it.

SEE THE RECIPES



- Chakapuli (Georgian Veal and Tarragon Stew) (<http://www.wsj.com/articles/recipe-chakapuli-georgian-veal-and-tarragon-stew-1450976041?tesla=y>)
- Roast Rack of Veal (<http://www.wsj.com/articles/recipe-roast-rack-of-veal-1450976105?tesla=y>)
- Grilled Veal Tsukune Meatballs With Ginger-Buttermilk Sauce (<http://www.wsj.com/articles/recipe-grilled-veal-tsukune-meatballs-with-ginger-buttermilk-sauce-1450976455?tesla=y>)

So it has come as a surprise, recently, to see veal on the menu in restaurants known for the conscientious sourcing of their meat. At Upland in New York, chef Justin Smillie regularly offers veal ribs. At Cypress Tavern in Miami, chef Michael Schwartz features sautéed veal medallions served with orange and stewed fennel, and at Nick Stefanelli's Masseria in Washington, D.C., veal dishes range from a raw carne cruda to a classic ragù.

Could veal be making a comeback? In mass-market terms, it's unlikely. Annual U.S. consumption has fallen from 2.3 pounds per capita in 1986 to 0.3 pounds in 2014. Supply-side issues are a factor—gender-selection methods now used in dairy-cow breeding have reduced the number of superfluous male calves, the

main source of the veal industry's livestock, and a high demand for beef has also diverted more dairy calves to beef production. Yet it's worth noting that in the U.K. and EU, where crating veal calves was banned in 1990 and 2007 respectively, consumption has increased. While there's still no ban stateside, the American Veal Association has set a goal for members to voluntarily eliminate crates by 2017, said association president, Dale Bakke.



Grilled Veal Tsukune Meatballs
With Ginger-Buttermilk Sauce
ARMANDO RAFAEL FOR THE
WALL STREET JOURNAL, FOOD
STYLING BY HEATHER
MELDROM, PROP STYLING BY
RYAN REINECK

Many small producers have already adopted more humane practices. The veal served at Upland and Cypress Tavern hews closely to the European style of husbandry, with calves raised in group pens or even open pasture. While the veal that comes from them is still “creamy and sweet,” said Upland’s Mr. Smillie, the rosy meat is undoubtedly different from the pallid veal of decades past.

Masseria’s veal comes from Chapel Hill Farm in Berryville, Va., where sales support the restoration of the endangered Randall Lineback breed of cattle. The meat is ruby red with the deep, almost sweet flavor of great beef but is still mild, without the iron and the mineral tang that comes with age. Because the animals are free-range and eat grass, the texture is also a little firmer.

I’ve been cooking with the Randall Lineback Ruby Veal available via mail order from Chapel Hill Farm at rubyveal.com. Though expensive, it’s also as delicious and humanely produced as one can reasonably expect meat to be. For me, going forward, veal will be a rare indulgence. But I’m happy to be eating it again.

MORE IN EATING & DRINKING »

- The Ultimate Holiday Cookie Plate: 4 Essential Recipes (<http://www.wsj.com/articles/the-ultimate-holiday-cookie-plate-4-essential-recipes-1449680004>)
- Recipe for Zimtsterne (Cinnamon Star Cookies) (<http://www.wsj.com/articles/recipe-zimtsterne-cinnamon-star-cookies-1449158839>)
- Joe Kindred's Recipe for Mushroom and Stracciatella Toasts (<http://www.wsj.com/articles/joe-kindreds-recipe-for-mushroom-and-stracciatella-toasts-1447863180>)
- The Rise of Mid-Atlantic Cuisine (<http://www.wsj.com/articles/the-rise-of-mid-atlantic-cuisine-1447099889>)
- Turnip Time: Recipes for a Root You Should Be Eating More of (<http://www.wsj.com/articles/turnip-time-recipes-for-a-root-you-should-be-eating-more-of-1445971614?tesla=y>)

Copyright 2014 Dow Jones & Company, Inc. All Rights Reserved

This copy is for your personal, non-commercial use only. Distribution and use of this material are governed by our Subscriber Agreement and by copyright law. For non-personal use or to order multiple copies, please contact Dow Jones Reprints at 1-800-843-0008 or visit www.djreprints.com.