

Veal Foodservice Recipe



Veal and Pepper Pizza

MAKES 12 PIZZAS

INGREDIENTS:

12 EA. PIZZA DOUGH, PRE ROLLED 7" • FOOD SPRAY AS NEEDED
2 LBS. VEAL, MEDIUM DICED • ¼ CUP OLIVE OIL • 1 LB. ONIONS, SMALL DICED
½ OZ. GARLIC, MINCED • 10 OZ. RED BELL PEPPERS, SMALL DICED
10 OZ. GREEN BELL PEPPERS, SMALL DICED • 1 ½ TBSP. SALT
1 TSP. BLACK PEPPER • 1 TSP. RED PEPPER FLAKES • 2 TBSP. THYME, CHOPPED
2 EA. BAY LEAVES • 28 OZ. CANNED DICED PLUM TOMATO • ¼ CUP TOMATO PASTE
4 TBSP. FRESH PARSLEY, CHOPPED
2 LB. MOZZARELLA, PROVOLONE PARMESAN CHEESE BLEND
1 CUP PARMESAN CHEESE, GRATED

METHOD:

1. LINE 2 – 18"X26" SHEET PANS WITH PARCHMENT PAPER. SPRAY THE PAPER WELL WITH NON-STICK SPRAY. PLACE 6 PIZZA DOUGH SHEETS ON EACH SHEET PAN. WRAP PANS WITH PLASTIC WRAP AND REFRIGERATE OVERNIGHT TO THAW AND PROOF.
2. HEAT OLIVE OIL IN A MEDIUM SIZE RONDEAU. ADD THE VEAL CUBES AND BROWN ON ALL SIDES.
3. ADD THE ONIONS AND SAUTÉ FOR 2-3 MINUTES OR UNTIL TRANSLUCENT; ADD THE GARLIC, DICED PEPPERS AND CONTINUE TO SAUTÉ FOR 3-4 MINUTES LONGER. ADD THE TOMATO PASTE AND SAUTÉ FOR 3 MINUTES. ADD THYME, BAY LEAVES, TOMATOES, SALT, PEPPER, AND CHILI FLAKES. BRING TO A BOIL, LOWER TO A SIMMER, COVER AND COOK FOR 30-45 MINUTES OR UNTIL ITS TENDER.
4. COOL THE MIXTURE. WHEN COLD ADD THE CHOPPED PARSLEY.
5. ASSEMBLE THE PIZZA BY ADDING 1 ½ OZ. OF CHEESE ON THE PROOFED DOUGH; ADD 4 OZ. OF THE VEAL MIXTURE TO EACH PIZZA. FINISH THE PIZZA BY ADDING AN ADDITIONAL ½ OZ. OF CHEESE TO THE TOP.
6. BAKE IN A 425°F OVEN FOR 10-15 MINUTES. CUT THE PIZZA INTO QUARTERS AND SERVE IMMEDIATELY.

NUTRITIONAL INFORMATION PER SERVING:

| K/CAL | PROTEIN (G) | CARB (G) | FIBER (G) | FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) |
|-------|-------------|----------|-----------|---------|-------------|-----------|-------------|
| 579 | 46 | 46 | 4 | 24 | 11 | 110 | 1603 |