



Funded by Beef Farmers & Ranchers

Veal Recipe Development Contest

Onondaga Community College Entry in the Veal Recipe Development Contest

Students

Rose Thompson
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Alex Moran

Supervising Instructor

Debbie Schneider

Recipe – Southwest Veal Poblano Pepper Bombs



Ingredients and Cost

Ground Lamb	\$7.90 lb.
4 Poblano peppers	\$1.98
Frozen Corn	\$.42
Black beans	\$.50
Cilantro	\$.44
Roasted red pepper	\$.79
Chipotle tobacco sauce	\$.72
Eggs	\$.20
Tortilla chips	\$.79
Cheddar cheese	\$1.88
Pantry- seasonings	\$.50
Salsa Verde	\$.44

Total cost of recipe **\$16.94**
Individual serving **\$4.23**



Recipe: Southwest Veal Poblano Pepper Bombs

Yield : 4

Temp: 400* conventional oven

Portion: 1

Pan: baking dish or sheet pan

Ingredients	Weight	Measure	Method
Poblano Peppers Oil Ground Veal Frozen corn, roasted Black beans, drained Green Onions, sliced thin Roasted Red Peppers Salsa Verde Cilantro, fresh, chopped Garlic, minced Chili powder Cumin Salt Bl. Pepper Chipotle Tabasco sauce Egg Tortilla chips, crushed Cheddar cheese, shredded	 1 lb. 4 oz.	4 each 1 Tbsp. 3/4cup 3/4cup 3 each ½ cup ¼ cup 2 cloves 2 tsp. 2 tsp. ½ tsp. ½ tsp. 2 Tbsp. 1 each 1 cup 2 cups	<ol style="list-style-type: none"> 1. Preheat oven to 400*. Lightly oil a baking pan 2. Rinse and dry peppers cut off top and make a split lengthwise in the pepper taking care not to cut all the way through. 3. Brush outside of peppers with Chipotle tabasco sauce 4. In a large bowl combine ground veal, corn, beans, green onions, salsa, seasonings, tabasco sauce, cilantro, red pepper, garlic, egg, tortilla chips and 1 cup of the shredded cheese 5. Mix well until all ingredients are thoroughly incorporated 6. Divide filling into the four peppers 7. Cover and Bake approximately 30-45 until the peppers are soft the filling has reached 165* internal temperature 8. Remove from oven and top with remaining cup of cheese and bake 5 minutes or until the cheese has melted. <p>Serve with.....avocado and salsa Adjust the heat..... More or less with tobacco sauce.</p> <p>Best of all Gluten free!!!</p>

Double Click Below for the Video Presentation



veal
project_Small.mp4

Team Onondaga Community College

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