

Tender Eye of Round Veal Tournedos MONTPAK

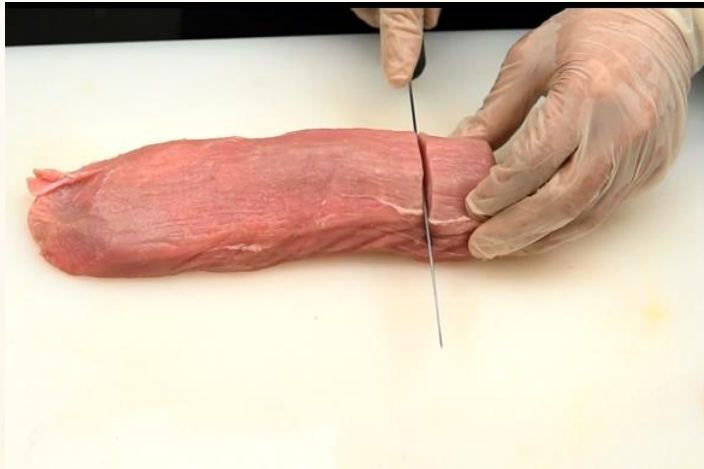
Mouth watering, easy to prepare medallions

Fast dinner solution for busy weeknights!



Beforehand:

Keep refrigerated until ready to use. If frozen, defrost in refrigerator overnight.



Step 1. Slice eye of round into 1" thick medallions. Make sure to slice medallions close to the same thickness to ensure even cooking.



Step 2. Pat the medallions with paper towels to remove excess moisture. Brush both sides of the veal medallion with extra virgin olive oil and season with Montreal Style steak spice. Wrap medallions with one slice of bacon. Trim bacon accordingly to medallion size.

Step 3. Secure bacon wrapped medallion with a wooden pick.





Step 4. In a large cast-iron skillet or heavy deep skillet, add oil to cover half an inch. Use an oil that can withstand high heat, such as canola oil. Over high heat melt 2 tablespoons butter.



Step 5. Add medallions to skillet. Cook on high heat turning once until browned, reduce cooking temperature to medium heat and continue cooking about 3-5 minutes per side or until desired doneness.

Step 6. When cooking is complete, remove medallions and let rest 5 minutes. You are now ready to assemble your plates.

Step 7. *Optional,* keep warm in oven until ready for plating.





For bacon lovers!

Recipes may be prepared without bacon





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Bon appétit!

