

TOMAHAWK VEAL CHOP

Serves 1–2 | **Prep Time:** 10 min | **Cook Time:** 12–18 min | **Rest Time:** 5–10 min

INGREDIENTS:

- 1 x 16 oz Tomahawk Veal Chop
- 1 tbsp olive oil
- Salt (kosher or sea salt)
- Freshly ground black pepper
- *Optional:* rosemary, garlic, or your favourite steak rub

HOW TO DEFROST:

- Place sealed frozen Tomahawk Veal Chop in a bowl or on a plate.
- Let thaw in the refrigerator for 8–12 hours or overnight.
- Use within 1–2 days after thawing.
- Do not thaw at room temperature.

PREP & SEASON:

Remove veal from fridge 30–45 minutes before cooking. Pat dry. Brush veal chop with olive oil. Generously season both sides with salt and pepper. Add herbs or rub if using.

GRILL INSTRUCTIONS:

Heat grill to medium-high (400–450°F). Clean and oil the grates. Sear 4–5 min per side with lid closed for a crust. Move to indirect heat or reduce to medium. Use a meat thermometer to check internal temperature:

- *Medium (pink center):* +4–5 min (internal temp 120–125°F)
- *Medium-Well (slightly pink):* +6–7 min (internal temp 130–135°F)
- *Well-Done:* +8–9 min (internal temp 140°F+)

REST & SERVE:

Place on plate, tent loosely with foil. Rest 5–10 min. Finish with garlic herb butter or a squeeze of lemon for a restaurant-style touch.

