

## MORE QUESTIONS AND ANSWERS

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### Is veal good to eat?

Veal is rich in protein and iron and nutritionally per ounce is better than chicken or beef. However it's not the first thing you think of when it comes to choosing a cut of meat. No matter what cut you get veal is a flavoursome meat that lends itself to a wide variety of dishes.

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Veal is the meat from young calves (as opposed to beef, which is the meat from adult cows). Along with foie gras and shark fins, veal has a bad reputation because of the extreme confinement and cruelty involved in the way veal calves are raised on factory farms.

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### Does veal taste like pork?

It's used in the same way as beef but veal is much more mildly flavoured and more tender. However it's not tasteless, and it's somehow more similar to pork than to beef (I mean that if someone wants to replace a costly cut of veal with a cheaper alternative, pork would yield a better result than beef).

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### What do veal taste like?

Veal has a velvety texture and is fine-grained and firm. The delicate flavor of the meat is quite refreshing than as expected. Though it might sound weird, Veal is like the chicken of red meats. Comparison between Veal with beef is often; however, it has a delicate flavor than beef.

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### Is veal better for you than beef?

It's healthier, too; it has less fat and cholesterol than beef, and is an even better source of nutrients like protein, riboflavin and B6. Pasture-raised veal has much of the flavor of beef but is leaner and moister. ... Though typically more expensive than beef, veal is more tender, leaner and healthier.

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### Does veal taste different than beef?

But how does the meat taste different? Well, veal is slightly more tender than beef, due to the muscles not being worked for as long as the muscles of beef and it has a much more delicate flavour. Veal is actually easier for our bodies to digest than beef is because of how much more tender the meat is.

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### What is wrong with eating veal?

Along with foie gras and shark fins, veal has a bad reputation because of the extreme confinement and cruelty involved in the way veal calves are raised on factory farms. ... As far as animal activists are concerned, there's no right way to eat veal.

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