

Veal is not broiled because it is lacking in fat. The bone-in shoulder and leg cuts are the most popular oven roasts. The loin makes fine roasts but is usually cut into chops. A slow oven with temperature set at 325 degrees is recommended for roasting veal.

The veal roast should be placed on a rack in a low sided, open pan. The meat thermometer is placed with care into the thickest muscle so that it does not touch the bone. No moisture is added. The surface of the roast may be rubbed with the cut surface of a garlic clove or soy sauce, thyme, or crumbled bay leaf, and salt and pepper. The roasting pan is placed in the oven without a cover for a true oven roast. A veal roast should always be cooked well-done (180 degrees F. on the roast meat thermometer) to be served at its flavorful best.

The boneless shoulder roast can be oven roasted but is more often braised, that is, browned in hot fat, seasoned, and placed on a rack in heavy kettle. Then a cup or so of bouillon, tomato juice or water is added. A tight fitting lid is put on and the veal is "pot

roasted" at a low temperature on the surface of the range or in the oven. A 3 to 5 pound roast will be done in about 2 hours. The veal chops and cutlets are also braised. Two very special recipes using veal steak and chops are included here.

**VEAL BIRDS, SWISS STYLE**

- 2 lbs. veal steak, cut 1/4 in. thick
- 3 tablespoons butter or margarine
- 8 oz. can (1 cup) tomato sauce
- 1 chicken bouillon cube, dissolved in 1/2 cup boiling water

**Stuffing:**

- 1/4 cup finely chopped onion
- 1/4 cup salad oil
- 1 cup finely chopped mushrooms
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped parsley

Cut each veal steak crosswise into 3 pieces. For stuffing, saute onion in oil. Press chopped mushrooms in paper towels to remove as much moisture as possible. Add mushrooms to onion and heat, stirring until all moisture has evaporated. Season and add parsley. Spread

stuffing on each piece of veal roll and fasten with a wooden pick. Brown veal birds in butter. Add tomato sauce and chicken bouillon. Cover and simmer about one hour. Six servings

**==★== LETTERS To The Editor**

West Chester, Pa.  
Editor, Lancaster Farming

Dear Sir: My father receives the Lancaster Farming and then passes it to me. The Home making is most enjoyable.

I was wondering if any of your readers have a good recipe for Pineapple Cheese Pie.

Thank You.  
Yours truly,  
Mrs Edward Binkley  
Editor's note: If any reader having a recipe for Pineapple Cheese Pie, will mail it to Lancaster Farming, Post Office Box 1524, Lancaster, Pa., we will print the recipe and forward it to Mrs. Binkley.

**SUGAR KILLS NEMATODES**

Ordinary sugar mixed into soil is an effective killer of nematodes, microscopic soil-infesting eelworms, the U. S. Department of Agriculture reported recently. More testing will be needed before sugar can be used commercially to control nematodes, the USDA reports. This is the first known nematode killing material discovered that is non-toxic to warm-blooded animals and leaves no residue in the soil.

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(This series to replace the Annual Litz Event)

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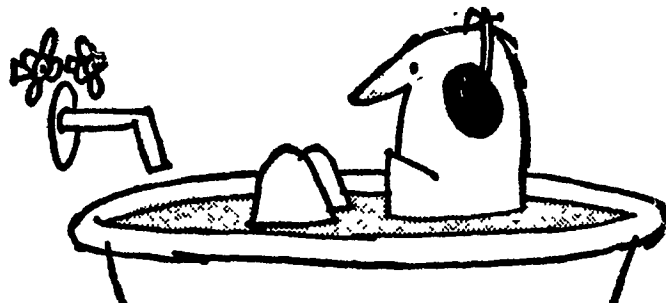
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