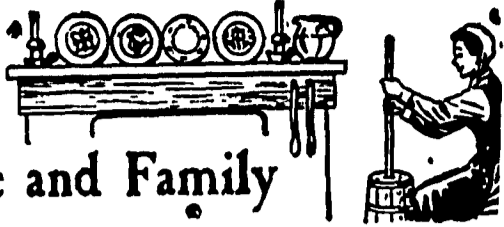


## For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

### VEAL FAVORITES

Now is the season for veal: veal roasts, veal chops and steaks, veal stews, and veal for stuffing. Veal is so delicately flavored that it combines especially well with many different seasonings and may be used in truly exotic recipes, if you wish. Exotic as the finished dish may be, the basic cooking methods used are roasting and braising. Because veal is young beef it has very little fat and so broiling is not recommended. You can recognize good quality veal in the market because it is light pink, firm, and covered with a thin layer of white fat. In planning on the amount to buy allow 1/3 to 1/2 pound of bone-in veal and 1/4 to 1/3 pound of boneless veal per serving. Remember, some people eat two servings, so buy plenty. Veal can be used in a variety of leftover recipes.

#### CROWN VEAL ROAST WITH FRUIT 'N CHEESE STUFFING

- 1 veal breast, about 6 lbs. Salt and pepper
- 2 cups dry bread cubes
- 1 cup chopped red-skinned apples
- 1 cup grated sharp Cheddar cheese
- 1/4 cup seedless raisins
- 1/2 stick (1/4 cup) butter or margarine, melted
- 1/4 cup orange juice



SPENCE

- 1/2 teaspoon ground cinnamon
  - 1/2 teaspoon salt
- Place veal breast bone side up. Cut breastbone at 1-inch intervals 1 1/2 inches deep. Turn meat over and rub with salt and pepper. Stand roast on thick edge. Bend to form

circle with bones on outside. Tie or skewer ends of meat together. Place roast on rack in roasting pan. Combine remaining ingredients and stuff into meat cavity. Cover bones with strips of bacon to prevent drying of meat. Place in shallow pan. Add 1 cup water. Cover roast loosely with foil and cook in a slow oven (325 degrees) about 10 minutes per pound. For last hour of cooking, remove foil and bacon strips, and insert meat thermometer into center of stuffing. Cook until stuffing reaches an internal temperature of 165 degrees and veal is brown and tender. 6 to 8 servings.

#### VEAL CURRY & NOODLES

- 3/4 cup regular all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound veal, cut in 1-inch cubes
- 3 tablespoons butter
- 2 tablespoons chopped onion
- 1 cup water
- 1 1/2 teaspoons curry powder
- 2 cups milk
- 1 package (6 ounces) medium noodles
- Shredded Cheddar cheese

Freshly grated Parmesan 1 teaspoon dried parsley flakes  
 Canned ginger, chopped 2 1/2 cups water  
 Coconut, plain or toasted 1 can (10 ounces) condensed consommé  
 Blanched almonds, sliced 1 can (4 ounces) mushroom stems and pieces  
 Combine flour, salt and pepper; coat meat with this mixture. Set remaining flour aside. In 10-inch skillet melt butter. Add meat and onion; cook until browned. Add water; cover and simmer 30 minutes. Remove meat from skillet with a slotted spoon. Add curry powder and 3 tablespoons of the reserved flour mixture; mix well. Gradually stir in milk. Cook, stirring constantly, until sauce is smooth and thick. Return meat to sauce and heat thoroughly. Meanwhile, cook noodles in boiling salted water until tender, according to package directions. Rinse and drain. Put noodles on a large platter. Curry sauce may be poured over noodles or served in a chafing dish. Serve with Cheddar Cheese, Parmesan cheese, candied ginger, coconut and almonds. Makes 6 servings.

#### VEAL LORRAINE

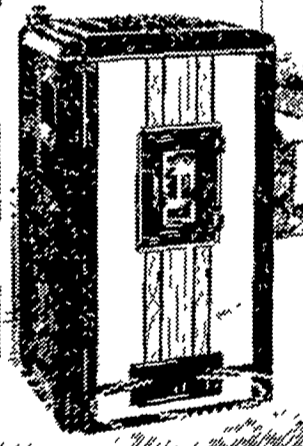
- 4 thin veal steaks
- 1/4 cup flour
- 3 slices bacon, diced
- 1/2 cup chopped onion

#### VEAL LASAGNA

- 5 cups tomatoes
- 3/4 cup tomato paste (6-oz. can)
- 1 teaspoon crumbled oregano

(Continued on Page 11)

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