



For the Farm Wife and Family

Favored Recipes For Veal...



Veal scalloppine, with your own well-seasoned, well-simmered tomato sauce will make a colorful entree for holiday time in the cold weather days to follow. This favorite of so many is given a new twist when served over herbed spoon-size shredded wheat. This dish can be prepared the day before, when ready to serve, heat for about 15 minutes. This is nice to serve on a buffet table.

RECIPE

VEAL SCALLOPPINE

- 1 (2-pound; 3-ounce) can Italian plum tomatoes
 - 1/2 cup chopped onion
 - 2/3 cup shortening, melted
 - 2 teaspoons sugar
 - 1 1/2 teaspoons salt
 - 1/2 teaspoon basil leaves
 - 1/2 teaspoon oregano leaves
 - 1/4 teaspoon thyme leaves
 - 1/4 teaspoon rubbed sage
 - 1/4 teaspoon ground black pepper
 - 1 (6-ounce) can tomato paste
 - 1 (10 1/2 ounce) can condensed beef bouillon
 - 3/4 cup grated Parmesan cheese
 - 2 pounds veal cutlets, pounded to 1/8-inch thickness
 - 1 medium onion, sliced
 - 1 pound fresh mushrooms, sliced
 - 3 green peppers, cut in strips
 - 1 clove garlic, cut in half
 - 1/2 cup butter or margarine, melted
 - 1/2 cup chopped parsley
 - 65 spoon size shredded wheat
- Simmer tomatoes gently, uncovered, about 25 minutes. Meanwhile, saute onion in one half of shortening, in a 10-

inch or larger skillet, until golden. Add next seven ingredients; cook 1 minute. Add tomato paste; heat gradually for 5 minutes, blending in bouillon. Strain tomatoes; add tomato-bouillon mixture. Simmer gently, uncovered, 1 1/2 hours. In a large skillet, saute veal quickly in 1/2 remaining shortening, a few pieces at a time. Add remaining shortening as needed. Remove. Saute onion and mushrooms; cover; cook 20 minutes. Add green peppers; cover; cook ten minutes. Stir in tomato sauce and meat. Simmer 10 minutes. Cool; refrigerate (or freeze for later use). To heat, simmer 15 minutes. Saute garlic in melted butter or margarine 5 minutes. Re-

move; stir in parsley. Quickly toss shredded wheat in buttered parsley and cook until golden. Serve veal over warm, toasted shredded wheat. Makes 6 to 8 servings.

VEAL CHOPS ALMOND

- 4 veal rib chops, 1/2 inch thick
- 3 tablespoons fat
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/2 cup sliced mushrooms
- 2 tablespoons soy sauce
- 1 cup chicken bouillon
- 1 tablespoon cornstarch
- 1/2 cup shivered almonds, toasted

Brown veal in hot fat. Add celery, onion, and mushrooms. Cool until tender. Add soy sauce and 1/2 cup bouillon. Cover. Simmer 30 minutes. Combine remaining 1/2 cup bouillon and cornstarch. Stir into veal mixture. Cook 5 minutes or until thickened. Stir in almonds. Makes 4 servings.

VEAL RISOTTO

- 4 veal shoulder chop, 1/2 inch thick
- Flour
- 1/2 cup chopped onion
- 2 tablespoons fat
- 2 beef bouillon cubes
- 2 cups boiling water
- 1/2 cup uncooked rice
- 1 pound can whole tomatoes
- 2 tablespoons chopped parsley
- 1/4 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon salt

Dip veal chops in flour and brown with onion in hot fat. Dissolve bouillon cubes in boiling water and add to chops in skillet. Add remaining ingredients. Cover. Simmer 35 to 40 minutes or until veal is tender 4 servings.

VEAL PAPRIKA ON POPPYSEED NOODLES

- 3 to 4 pound veal shoulder
- 100s
- 1 slice bacon
- 2 tablespoons chopped onion
- 1/2 cup flour
- 2 teaspoons salt
- 1 tablespoon paprika
- 1 cup water
- 1 cup dairy sour cream

Remove veal from bones and cut into 1 inch cubes. Cut bacon into 1 inch pieces and fry until crisp. Add onions. Toss veal cubes in a mixture of the flour, salt, and paprika. Brown veal in hot bacon drippings. Add water, cover, and cook slowly 35 to 40 minutes. Add more water if necessary. Remove cover and stir in sour cream. Serve hot over Poppyseed Noodle.

POPPYSEED NOODLES

Cook an 8 ounce package of fine egg noodles according to package directions. Drain. In a small saucepan melt 1/2 stick butter or margarine. Stir in 1 tablespoon poppyseeds. Pour

over noodles and toss lightly. 6 to 8 servings.

VEAL SCALLOPINI

- 1 pound veal cutlets
- 1/2 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons paprika
- 3 tablespoons fat
- 8 ounce can tomato sauce
- 1 teaspoon oregano, crushed
- 1 crushed garlic clove
- 1 teaspoon finely chopped onion
- 2 1/2 ounce jar sliced mushrooms, drained
- 1 cup chicken bouillon
- 1/4 cup chopped green pepper

In a plastic bag mix flour, salt, pepper and paprika. Coat meat in seasoned flour. Brown meat in hot fat. To tomato sauce add oregano, crushed garlic, and onion. Blend well. Pour off drippings from meat in skillet. Add mushrooms, chicken bouillon, green pepper, and tomato mixture. Cover and cook over low heat 25 minutes or until tender. Serve over green noodles, if desired. 4 servings.

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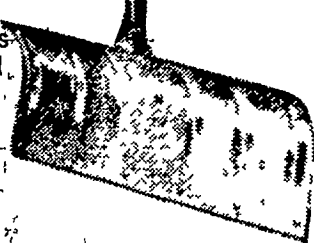
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