

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

SUNDAY DINNER VEAL



SPENCE

Let's not forget veal as a Sunday dinner meat. This is a very tender mild-flavored meat. There is as much variety in cuts of veal as there is in beef. Among the chops and steaks are rib and loin chops, and sirloin steaks, and cutlets. Often found at the meat counter are the leg and shoulder roasts, either bone-in or boned, rolled, and tied. Cubed veal for such a recipe as Veal Paprika may be available already cut or it can be cut from the veal shoulder.

Veal is a versatile meat that can be used with many subtle seasonings and sauces to bring a change to the menu.

A veal leg roast takes no time at all to prepare for cooking. Place the roast on a rack

in a low sided pan. For a change not cover or add water. Place in seasonings try rubbing the the roast in a 325 degree oven roast with celery salt and white until the meat thermometer pepper; or if you prefer use reads 180 degrees or about 3 1/2 basil or marjoram in place of hours for a 6 pound roast. Add the celery salt. Insert the roast about one hour if the roast meat thermometer into the center weighs 8 pounds. center of the roast taking care that If you are lucky enough to it does not touch the bone. Do have some of the veal ro st left

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for another meal, you will be pleased with this easy-to-fix skillet recipe using cubed roast veal.

ITALIAN VEAL WITH NOODLES

- 4 cups cubed roast veal
- 1/4 cup salad oil
- 2 tablespoons lemon juice
- 2 tablespoons catsup
- 2 tablespoons finely chopped onion
- 1 small garlic clove, pressed
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 2-oz. jar sliced pimiento
- 1 4-oz. can sliced mushrooms with liquid
- 7 ounces wide egg noodles, cooked
- 1 chicken bouillon cube dissolved in 1 cup boiling water
- 1 cup shredded Cheddar cheese

Combine oil, lemon juice, catsup, onion, garlic, salt and pepper. Place the veal in a large skillet and pour the oil mixture over it. Marinate 30 minutes. Heat veal and marinate 10 minutes. Stir in pimiento, mushrooms, noodles and bouillon. Heat, stirring occasionally, until hot, and liquid is absorbed, about 10 minutes. Top each serving with cheese. 8 servings.

SUNSHINE VEAL CHOPS

- 8 veal loin chops, 1 in. thick
- 2 tablespoons fat
- 1/4 cup water
- 1 11-oz. can Mandarin oranges
- 4 teaspoons cornstarch

- 1/2 teaspoon curry powder
- 1/8 teaspoon tumeric
- 2 chicken bouillon cubes
- 1 cup boiling water

Brown veal chops slowly in fat in large skillet. Turn to brown evenly. Add 1/4 cup water. Cover and simmer about 45 minutes or until chops are tender. Add additional water, if necessary. Drain oranges, reserving the liquid. In a small bowl blend cornstarch and seasonings in small amount of orange syrup to make smooth mixture. Add to remaining orange syrup and bouillon dissolved in 1 cup boiling water in a saucepan. Cook slowly,

stirring constantly until thickened and clear. Stir in Mandarin orange sections. To serve, spoon hot orange sauce over chops.

BACON SEASONED VEAL PAPRIKA

- 2 pounds cubed veal stew meat
 - 4 slices bacon, cut into 1 in. pieces
 - 2 tablespoons chopped onion
 - 1 teaspoon salt
 - 1 teaspoon paprika
 - 1 13 1/2-oz. can tomato juice
 - 1 cup dairy sour cream
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Matters, The Conestoga Bank. It's his job to help you establish your trust, either by wills or by living trust. Being a family man himself he knows how important it is to make sure that beneficiaries of trust funds receive the maximum. Dave would like very much to share with you the benefits of his knowledge and ability. He has had vast experience in the administration of estates and trust funds, large and small, for families in Lancaster County. Give him a call or drop in soon at the Lancaster area's "Headquarters for Money Matters".



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