

# National Veal Week Set for March 9-16

HARRISBURG — Pennsylvania is an appropriate site to celebrate National Veal Week from March 9 to 16. Bradford County is the largest veal-producing county in the United States. The theme for the promotion is: "Fancy Veal for an Unforgettable Meal."

Pennsylvania veal growers raise approximately 250,000 fancy or nature-fed veal calves each year which supply consumers with delicious, delicately-flavored meat according to Joan Liesau, coordinator of the Pennsylvania Meat Marketing Program.

Veal has very little waste, and is low in fat, with 185 calories per three ounce serving. It's an excellent addition to the health-conscious diet as well as the gourmet fare.

There are six primal (wholesale)

## Berks Society 3

Berks Society 3 met recently at the home of Mary Hill, Boyertown, for a lasagna dinner and a reading of the official constitution and by-laws of Farm Women.

The next meeting will be March 27 at the home of Eleanor Bissinger, Boyertown R5. The program will be on self defense.

cuts of veal: shoulder, hotel rack (ribs) loin, leg, breast and flank. These cuts provide more than 40 different retail cuts of meat. For example, the wholesale shoulder yields: Arm roast, blade roast, boneless shoulder roasts, arm steaks, blade steaks, as well as large and small stew pieces for a lower cost variety. The large stew pieces, like other shoulder cuts, can be used in many recipes which call for more expensive cutlets - cutting the price of meals in half, as in the Veal Picata recipe below.

Another example of wholesale cuts from the leg include cutlets (thick, thin or rolled), boneless rump roast, rump roast and round roast. "Cynthia's Choice" features thin sliced veal cutlets, cubed and pounded to form scallopini.

When selecting veal, look for finely-grained meat velvety textured and white to very-light-pink in color. This is indicative of a milk-fed diet, supplemented with necessary vitamins, minerals and iron to insure the good health of the calf.

A large variety of fancy veal cuts can be complimented by basil, celery seed, chervil, chive, juniper berries, marjoram, mustard, nutmeg or oregano. Because fancy veal is delicate in flavor, it easily

picks up flavor from seasonings and sauces added.

Veal goes well with ham, sausage, chicken, mushrooms, pea pods, cheese, green and red sweet peppers, asparagus, broccoli, tomatoes, and onions. Chestnuts, water chestnuts or hazelnuts add an extra pizzazz and texture. Hollandaise or wine sauces add an extra treat.

Following are several recipes which use a variety of veal cuts. Remember - veal is naturally tender and less expensive cuts may be substituted in your meal planning.

For a free 8" x 11" color chart of veal cuts and how to cook them, send a self-addressed, stamped business envelope to: **VEAL CHART**, Pa. Meat Marketing Program, PA. Department of Agriculture, 2301 N. Cameron Street, Harrisburg, PA. 17110.

Here are some veal recipes for you to try:

### VEAL SCALLOPINI

- 1 boneless veal cutlet (2-3 oz.)
- ½ cup fresh sliced mushrooms
- ½ cut thinly sliced onion
- 2 Tablespoons white wine
- 4 Tablespoons lemon butter sauce (below)
- 1 Tablespoon Parmesan cheese

### LEMON BUTTER SAUCE

- ¼ pound butter
- 1 Tablespoon lemon juice
- pinch garlic powder
- Heat skillet, add white wine. Place mushrooms and onion on one side of pan, saute veal on other. Use medium flame until veal turns very light. Place in small casserole dish, top with cheese, mushrooms, onion and lemon butter sauce. Broil until cheese is light golden brown. Serves one.

### PENNSYLVANIA VEAL PICATA

(This recipe may be used in conjunction with Cynthia's Choice appetizer instead of a main dish.)

- 1 pound fancy veal stew (neck) cubes\*
- ½ fresh lemon
- ½ cup chicken broth
- 2 Tablespoons butter

Cut veal cubes into 1½ inch pieces, removing connective tissue. Save smaller bite-size pieces for "Cynthia's Choice Appetizer." Pound pieces to flatten. Dredge veal in flour which has been seasoned with herbs. Lightly brown over medium-high heat in butter (about one minute each side) Spray veal with lemon juice, add chicken broth to just cover bottom of pan. Remove from heat as soon as broth evaporates.

Serve immediately. Serves 3-4.  
\* Higher priced veal cuts i.e., cutlet, scallopini, may be substituted.

### CYNTHIA'S CHOICE FANCY VEAL

(To be served either as a main entree or appetizer, both equally delicious, combining fresh veal and haddock in cream.)

3 ounces veal scallopini or stew pieces

4 ounces fresh or frozen fish (haddock, perch, etc.)

- Flour for dredging
- 2 Tablespoons lemon juice
- ½ cup cream
- 2 Tablespoons butter, melted
- 2 Tablespoons chopped parsley
- Salt and pepper to taste
- Vegetable oil

**ENTREE** - Dredge veal and fish in flour. Fry each separately in hot skillet coated with oil. Place fish and veal in casserole coated with butter. Sprinkle lemon juice, parsley, salt and pepper over meat. Cover with cream. Bake in 325° oven for 10 minutes. Serves 2.

**APPETIZER** - Cut veal in bite-size pieces. Fry each separately in skillet coated with oil. Fill small puff pastries; half croissant with some of the dough removed, etc. with meat. Follow directions above. Serves - 4-6 appetizers.



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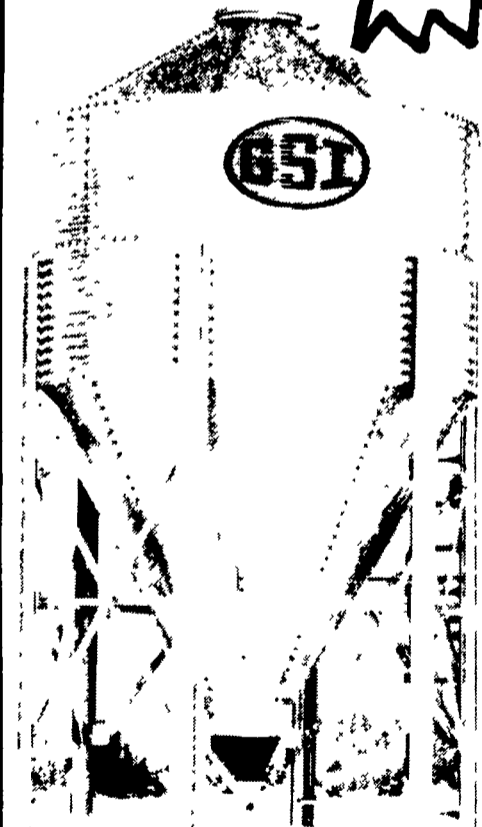
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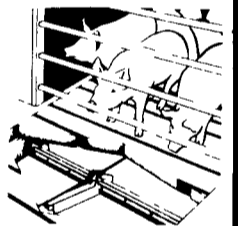
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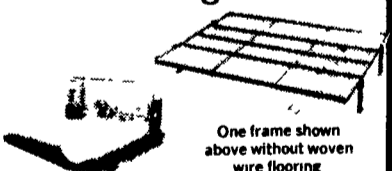
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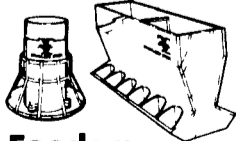
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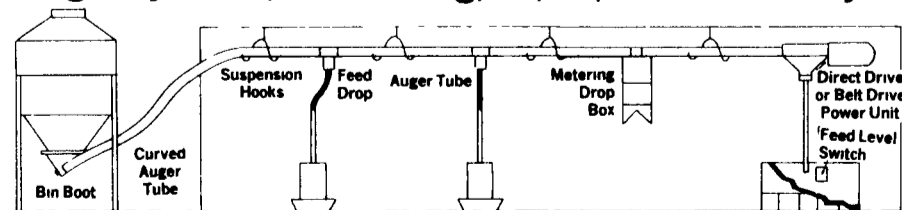
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