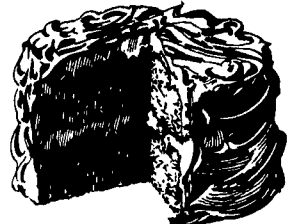


Home On The Range



Exciting Recipes With Today's Veal

Recipe excitement and ultra-modern convenience in a single package await your discovery of veal. Today's veal is the key to delicious meals in even the fastest-paced lifestyle.

Veal is nutrient dense, which means it provides more of a day's requirement of essential nutrients than it contributes to a day's calorie intake.

If you would like to know more about veal and how to cook it, write to Pennsylvania Beef Council, 4714 Orchard St., Harrisburg, PA 17109.

HERBED VEAL LOIN WITH MUSHROOMS & MIXED GREENS

Serves 24

6 pounds veal strip loin
 ½ cup olive oil
 ½ cup lemon juice
 1½ cups parsley, chopped
 ½ cup garlic, minced
 1 tablespoon fresh thyme, chopped
 1 teaspoon cracked black pepper
 3 pounds mixed greens
 18 ounces mushrooms, sliced
 1 quart vinaigrette dressing
 Whisk oil and juice to blend. Combine parsley, thyme, and pepper. Rub veal with oil mixture; roll in herb mixture to coat. Roast in 350 degree oven until thermometer registers 150 degrees.

For each serving: line plate with 2 ounces greens. Arrange ¼ ounce mushrooms and 3 ounces warm sliced veal on greens. Drizzle with 3 tablespoons vinaigrette.

EAST-WEST VEAL CHOPS

1 large garlic clove, crushed
 2 veal rib chops, well trimmed
 1 teaspoon olive oil
 ¼ teaspoon salt
 ½ cup dry white wine
 1 teaspoon grated fresh ginger
 ½ teaspoon toasted sesame oil
 1 tablespoon minced parsley
 Rub garlic over both sides of chops. Heat oil in skillet. Cook chops for 10 to 12 minutes over medium heat, turning once, for medium. Transfer to plate; sprinkle with salt. Keep warm. Drain excess fat from skillet. Add wine and ginger. Cook and stir over high heat 1 minute or until reduced as desired. Stir in sesame oil. Pour sauce over chops. Sprinkle with parsley. Serves 2.

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HERBED VEAL ROAST

¼ teaspoon dried marjoram leaves
 ¼ teaspoon salt
 ½ teaspoon dried basil leaves
 ¼ teaspoon coarse grind black pepper
 2 garlic cloves, minced
 3 pound boneless veal leg rump or shoulder roast
 ½ cup dry white wine
 1 teaspoon cornstarch
 ¼ cup water

Combine marjoram, salt, basil, pepper and garlic; rub over roast. Place roast, fat side up, on rack in shallow roasting pan. Insert meat thermometer so bulb is centered in thickest part not touching fat. Do not add water. Do not cover. Roast in 325 degree oven until thermometer registers 155 degrees, about 90 minutes. Transfer roast to warm platter; let stand 15 minutes while preparing sauce. (Temperature should rise to 160 degrees during standing). Drain fat from roasting pan if necessary. Add wine, scraping to loosen browned bits from bottom. Cook over medium-high heat for 2 minutes. Dissolve cornstarch in water and add to roasting pan. Continue cooking and stirring until sauce is slightly thickened. Carve roast. Pass sauce. Serves 12.

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VEAL BURGERS WITH SAUTEED PEPPERS

1½ pounds ground veal
 1 egg, lightly beaten
 3 tablespoons finely chopped onion
 ½ teaspoon coarse grind black pepper
 ¼ teaspoon salt
 ½ cup each red, green, and yellow pepper strips
 1½ teaspoons vegetable oil
 Combine ground veal, onion, and pepper, mixing lightly but thoroughly. (Mixture will be very moist). Shape into 6 patties, each about ½ -inch thick. Arrange on rack of broiler pan. Broil 4 inches from heat, 4 to 5 minutes per side or to desired doneness. Or, place burgers on grid over medium coals and grill 10 to 12 minutes, turning once. Season with ½ teaspoon of the salt. While burgers are broiling, cook bell pepper strips in oil until tender. Stir in remaining salt. Serve burgers on bread or rolls topped with peppers. Serves 6.

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HERBED VEAL LOIN



Tender slices of roast veal encrusted with herbs elevate a mixed green salad from a simple dish to a glorious entree. A light vinaigrette dresses the salad and melds the flavors of veal and vegetables.

VEAL WITH PEPPER-PEAR RELISH

4 veal loin or rib chops, cut 1-inch thick
 1 tablespoon olive oil
 1 large red pepper, chopped
 1 large green pepper, chopped
 ½ cup chopped onion
 2 tablespoons seeded, minced jalapeno pepper
 1 tablespoon minced ginger root
 1 medium pear, peeled, chopped
 6 tablespoons lemon juice, divided
 3 tablespoons firmly packed brown sugar
 1 teaspoon shredded lemon peel
 ¼ teaspoon salt, divided
 2 tablespoons chopped cilantro
 ¼ teaspoon coarse grind black pepper

Cilantro sprigs and lemon twists, optional
 Place veal chops on rack of broiler pan. Broil chops, 4 inches from heat, 14 minutes or desired doneness; turn once. Meanwhile, heat oil in 12-inch nonstick skillet over medium heat. Add bell peppers, onion, jalapeno and ginger. Cook uncovered 10 minutes, stirring occasionally. Stir in pears, 4 tablespoons lemon juice, brown sugar, lemon peel, and ½ teaspoon salt. Simmer uncovered until pears are tender, about 5 minutes. Remove from heat. Stir in remaining 2 tablespoons lemon juice and the chopped cilantro. When chops are cooked, season with remaining ¼ teaspoon salt and pepper. Arrange on platter; keep warm. Spoon relish over chops. Garnish with cilantro and lemon, if desired. Serves 4.

For best results, do not prepare relish in advance.

Priscilla Yee
 Concord, CA

QUICK MUSHROOM SWISS STEAK

1½ pounds boneless veal round steak, cut ½ -inch thick
 1 tablespoon olive oil
 ¼ teaspoon salt

Coarse grind black pepper, to taste
 ½ pound button mushrooms, halved
 2 medium tomatoes, seeded and diced
 ½ cup thinly sliced fresh basil
 Cut veal round steak into six pieces. Using meat mallet, pound to ¼ -inch thickness. Heat oil in 12-inch nonstick skillet. Add veal, a few pieces at a time, and brown on both sides. Remove and keep warm. Return browned veal to skillet. Season with salt and pepper to

taste. Cook over medium heat until tender, 4 to 5 minutes, turning occasionally. Transfer veal to platter; keep warm. Add wine and mushrooms to skillet, scraping browned bits from bottom of pan. Cook over medium-high heat, stirring frequently, until mushrooms are tender, about 3 minutes. Add tomato and basil; heat through. Spoon vegetable mixture and pan juices over round steak. Serves 6.

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Featured Recipe

This unusual soup is from the Caribbean and is one of the soups that will be served to those who tour the Clearview Farm Bed and Breakfast on April 22.

Glenn and Mildred Wissler own the 200-acre farm that is part of the Kitchen Kaper Tulip Tour. Mildred's sister, who is a cook for Nav Jiwan International Tea Room in Ephrata, will prepare two international soups and an assortment of breads for guests to sample during the tour.

Look for the feature story on the Wissler Farm in this section.

PUMPKIN SOUP

1 2-pound pumpkin, peeled, seeded, and cut in 1-inch cubes
 Salt and freshly ground pepper
 2 tablespoons butter
 1 large onion, minced
 3 scallions, trimmed and minced
 3 tomatoes, peeled and chopped
 1 cup coconut milk
 ¼ teaspoon grated nutmeg
 Pinch of cayenne
 ½ cup dairy sour cream

Put the pumpkin in a saucepan; add enough water to cover, about 4 cups, and 1 teaspoon of salt. Bring to a boil. Lower the heat and simmer for 20 minutes. Drain, and reserve the cooking liquor.

Melt the butter in a saucepan over medium heat. Add the onion and scallions and saute, stirring constantly, for 5 minutes until soft and golden.

Add the pumpkin, tomatoes, coconut milk, 3 cups of the pumpkin cooking liquor, half the nutmeg, a pinch of cayenne and salt and pepper to taste. Bring to a boil, lower the heat, cover and simmer for 30 minutes.

Remove the pan from heat, let cool slightly, then puree the soup in two batches in a blender or food processor. Return to the pan and heat for 5 minutes, stirring, until warmed thoroughly.

Pour the soup into a warmed soup tureen and swirl sour cream on top. Sprinkle with remaining nutmeg and serve the soup at once.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April

13- Cooking With Honey

20- Rhubarb

27- Foods, Beverages That Heal

May

4- Your Favorite Restaurant Recipe