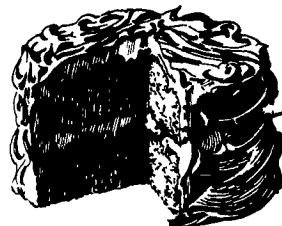


Home On The Range



Veal Dishes Easy To Make Wonderful To Eat

Tender...luxurious...worth going out for. These are the comments often associated with veal. But why limit veal to eating out when you can prepare it so easily at home?

There are almost as many veal cuts as there are ways to prepare them. The gentle flavor of veal makes it a perfect partner with practically every sauce and seasoning.

Sliced into salads, veal transforms a side dish into an entree. Put into pastas, veal becomes a savory blend of tomatoes and herbs, simmered into soup, veal tenderizes some less tender cuts.

If you enjoy veal but lack recipes to make it, try these. You'll find veal fits the healthful, uncomplicated way we prefer to cook and eat today.

VEAL WELLINGTON

1 pound veal fillet
3 tablespoons butter
8 ounces puff pastry
1 egg, beaten

Filling:
3 tablespoons butter
1 mild onion, finely chopped
6 cups mushrooms, finely chopped

Salt and freshly ground pepper

To prepare filling: Melt butter in small pan. Add the onion and cook for 5 minutes without browning. Add the mushrooms and seasoning and cook over low heat without a lid for 20 to 25 minutes until the mixture is concentrated and the juices evaporated.

Cut the fillet through the center and open out flat. Fill with mushroom mixture and spread the outside with the remaining butter.

Roll out pastry to twice the size of the veal. Trim to make a neat rectangle.

Place the veal on half of the pastry. Damp the edges of the pastry with water and draw the other half of the pastry over the fillet. Seal the edges together carefully to prevent juices from oozing out. Make decorative leaves with spare pastry.

Lift onto greased baking sheet. Brush with beaten egg and make a couple of slits in the pastry to allow steam to escape.

Bake in 425 degrees for 15 minutes; reduce and bake for 35 minutes more. Serve hot or cold.

VEAL FRICASSEE

1 pound cubed veal
2 onions, quartered
1 lemon, grated rind and juice
1 bouquet garni (parsley, thyme, bayleaf tied together and removed before serving)
3/4 cups water
4 tablespoon butter
2 tablespoons flour
2 egg yolks, beaten
2 tablespoons heavy cream
Salt and freshly ground pepper
Garnish: Mushrooms and chopped parsley

Put veal, onions, lemon rind, bouquet garni and water in a large saucepan. Simmer, covered, for 1 hour or until the veal is tender.

Strain and reserve 2 cups of the stock. Lift out the pieces of veal and place on a heatproof serving dish to keep hot.

Melt half the butter in a saucepan, add the flour and cook until it bubbles. Gradually stir in the reserved stock to make a smooth sauce. Bring to a boil, then remove from the heat and stir in the egg yolks, cream, and one tablespoon of lemon juice. Season with salt and pepper. Gently reheat, but do not boil or the egg yolk will become granular. Pour over the veal and keep hot.

Melt the remaining butter and fry the mushrooms until tender. Use to garnish with chopped parsley.

For a more economical meal, replace the egg yolks and cream with a small can of evaporated milk. Fried bacon curls may be used as a garnish.

EAST-WEST VEAL CHOPS

1 large garlic clove, crushed
2 veal rib chops, 8 ounces each
1 teaspoon olive oil
1/4 teaspoon salt
1/4 cup dry white wine
1 teaspoon grated fresh ginger
1/2 teaspoon toasted sesame oil
1 tablespoon minced parsley

Rub garlic over both sides of veal rib chops. Heat olive oil in medium nonstick skillet. Add veal chops. Cook 10 to 12 minutes over medium heat, turning once, from medium. Transfer to plate; sprinkle with salt. Keep warm. Drain excess fat from skillet if necessary. Add wine and ginger to skillet. Cook and stir over high heat for 1 minute or until reduced as desired. Stir in sesame oil. Pour sauce over chops. Sprinkle with parsley. Serves 2.



East meets West to create a taste-tantalizing meal that's ready to serve in less than 30 minutes.

VEAL CORDON BLEU

4 2 1/2-ounce thin-sliced veal cutlets
4 2-ounce slices Swiss cheese
2 1-ounce slices prosciutto ham
Flour
1 egg, beaten with 2 tablespoons milk
Bread crumbs
2 tablespoons butter

Layer as follows, 1 slice veal cutlet, 1 slice cheese, 1 slice ham, 1 slice cheese, and 1 slice veal cutlet.

Press together as for a sandwich and seal the edges. Hold together with toothpicks. Coat both sides with flour. Dip into egg mixture, coat with bread crumbs.

Melt butter into a skillet. Saute the breaded cutlet sandwiches on one side, flip them over and bake in 300 degree oven for 15 to 20 minutes or until golden brown. Serves 2.

B.J. Light
Lebanon

MUSHROOM VEAL CHOPS

4 veal chops
Salt and freshly ground pepper
4 tablespoons butter
2 medium onions, peeled and chopped
2 cups mushrooms, cleaned and sliced
2 teaspoons Italian seasoning
1/2 cup light cream

Season chops with salt and pepper. Broil for 10 minutes on each side until the fat is crisp and brown. Place on serving dish to keep warm.

To make the sauce, melt butter and saute onions for 5 minutes. Add the mushrooms, herbs, and simmer 5 more minutes. Gradually add cream, stirring continuously over low heat until the sauce is thick and creamy. Season with salt and pepper.

Pour the hot sauce over the chops, garnish with watercress if desired.

VEAL STEW WITH RAVIOLI

Combine for coating:
3 tablespoons flour
1 teaspoon salt
Dash pepper
Coat:
1 pound veal stew meat; cubed
Brown in 4 teaspoons shortening and add
1/4 cup chopped onion
1 small clove minced garlic
Cook 4 to 5 minutes. Add:
1 1/2 cups water
Cover and simmer 1 hour or until meat is tender. Add:
10-ounce package frozen peas
1 pound can ravioli
2 tablespoons chopped parsley
1/4 teaspoon dried oregano, crushed.
Cook 15 minutes, stir occasionally.
Serves 4.

Betty Biehl
Mertztown

(Turn to Page B8)

VEAL RAGOUT

1 pound cubed veal
1 tablespoon seasoned flour
8 bacon slices, cut into 1/2-inch pieces
1 medium onion, peeled and chopped
2 tablespoons cooking oil
2 cups stock made from 2 beef bouillon cubes
2 teaspoons Worcestershire sauce
1 tablespoon tomato puree
1 teaspoon Italian seasoning

Trim veal and coat with seasoned flour.

Fry bacon lightly, add the onion and fry until tender. Transfer to casserole dish.

Heat the oil in a skillet and fry veal until lightly browned. Add to the casserole dish. Stir in the stock, Worcestershire sauce, tomato puree and herbs. Bake with the lid on for 1 1/2 hours or until the veal is tender.

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.

February

- 6- Muffin Mania Week
- 13- Food That Says "I Love You"
- 20- Cherry Month
- 27- Potato Lover's Month

Featured Recipe

Planning a superbowl party this weekend? Here is a dairy rich recipe that is great for a party. It comes from Clearfield County Dairy Princess Shannon Curry. The 16-year-old is one of seven daughters of Melvin and Joan Curry.

Shannon is a junior at Moshannon Valley High School where she is a member of the National Honor Society and active in chorus. She owns three of the family's 43 Holsteins and works on their 119-acre farm where they raise corn, hay, oats, and silage.

In between farm chores and school activities, Shannon speaks up for the dairy industry in her area. This is one of the recipes that she shares with consumers.

She hopes you will enjoy her recipe — and your party.

CHEESE BALL

Soften:

4 ounces dried beef
8 ounces cream cheese
8 ounces grated cheddar cheese
Stir with wooden spoon. Add:
1 teaspoon Worcestershire sauce
1/4 teaspoon garlic salt
1 teaspoon celery salt
Stir until blended; form into a ball. Chill and serve with crackers.