



Home on the Range

Veal Made Easy

Naturally lean, delicious and easy to prepare, veal fits the healthful, uncomplicated way we're cooking and eating today.

Depending upon the cut and cooking method, veal can be elegant enough for the most special occasions or just right for a budget-wise week night meal.

Although veal is a popular entree when dining out, it can be simple to prepare at home and just as delicious if you use one of these recipes.

VEAL BREAST WITH OLIVE-MUSHROOM FILLING

- 1 boneless veal breast
- 2 teaspoons olive oil
- 1/4 cup dry Marsala
- 2 1/2 cups uncooked mini lasagna or bow tie pasta, cooked

Olive-Mushroom Filling:

- 2 teaspoons olive oil
- 1 cup chopped mushrooms
- 1 cup diced red bell pepper
- 2 cloves garlic, minced
- 1/2 cup chopped pitted ripe olives
- 1 tablespoon finely chopped fresh rosemary or 1 teaspoon dried rosemary

Heat 2 teaspoons oil in Dutch oven over medium heat until hot. Add mushrooms, bell pepper, and garlic; cook and stir 5 minutes or until tender. Stir in olives and rosemary; cool.

Unroll veal breast; trim fat. Spread filling over veal, leaving 1/4-inch border. Starting at short end, roll up jelly-roll fashion; tie with string.

Heat 2 tablespoons oil in same pan over medium heat until hot. Add veal; brown evenly. Pour off drippings. Add Marsala and 1/4 cup water; bring to a boil. Reduce heat; cover tightly and simmer 1 1/2-1 3/4-hours or until veal is fork-tender.

Remove veal; keep warm. Skim fat. Bring cooking liquid to a boil; cook until reduced to 1/4 cup, stirring occasionally. Carve veal. Serve over pasta with sauce. Makes 8 servings.

Beef Council

GRILLED VEAL CHOPS QUICK AND EASY

- 4-6 veal chops
- 1 small bottle no-fat Italian dressing

Put chops and Italian dressing in zip lock baggie.

Leave chops in dressing for at least three hours or up to 24 hours if desired. Put chops on grill and cook to desired doneness.

Regina Bagley
Pa. Veal President

SUMMER VEAL VEGETABLE MEDLEY

- 1 apple, cut-up
- 1 carrot, cut thin
- 1 diced onion
- 1/4 cup chopped green pepper
- Handful of cabbage, sliced
- 1 tomato, diced
- 2 teaspoons white wine or sherry
- 2 chicken bouillon cubes
- 8-ounces veal stew meat, stir fry

Stir fry ingredients in skillet or wok using cooking spray or oil. Serve over rice or a fried tortilla or pita.

Jan Cochrell

VEAL PICCATA

- 1 pound veal leg cutlets, cut 1/4-inch thick
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon ground white pepper

1 tablespoon olive oil
Lemon-Caper Sauce:
1/4 cup dry white wine
2 tablespoons fresh lemon juice
2 teaspoons drained capers
1 teaspoon butter
Pound veal cutlets to 1/8-inch thickness. Combine flour, salt, paprika, and pepper. Lightly coat cutlets with flour mixture. Heat 1/2 of oil in large non-stick skillet over medium heat until hot. Cook cutlets in batches, 2-4 minutes or until cooked through, turning once. Remove; keep warm.

Add wine and lemon juice to skillet; cook and stir over medium heat until browned bits attached to skillet are dissolved and sauce is slightly thickened. Remove from heat; stir in capers and butter. Serve over cutlets. Makes 4 servings.

Beef Council



Veal Roast With Apricot-Thyme Chutney is certain to impress guests and family members. Not only does it taste delicious, it is easier to prepare than it looks.

Featured Recipe

Searching for a recipe guaranteed to impress your guests?

Here is the perfect solution from the Beef Council — Veal Roast With Apricot-Thyme Chutney. Shop for veal with a fine grain and creamy pink color; any fat covering should be milky white.

Refrigerate veal in the coldest section of the refrigerator. Use within 1-2 days. Freeze any veal that will not be used within two days.

For optimal flavor, juiciness, and tenderness, do not overcook veal. For roasts, use an ovenproof meat thermometer, with the tip centered in the thickest part of the veal, not touching bone or resting in fat. Remove the roast with thermometer registers 5 degrees below desired doneness. Let stand 15-20 minutes; temperature will continue to rise during standing to reach the desired temperature.

Total preparation and cooking time for the following recipe is about 2 1/4 hours.

VEAL ROAST WITH APRICOT-THYME CHUTNEY

- 1 veal rib roast, cap removed (4-5 pounds)
- 1 tablespoon minced fresh sage or 1 teaspoon rubbed sage
- 2 cloves garlic, minced
- 1/2 teaspoon cracked black pepper

Apricot-Thyme Chutney:

- 1 tablespoon vegetable oil
- 2 medium onions, sliced
- 1 package (6 ounces) dried apricots, coarsely chopped
- 1 cup ready-to-serve chicken broth
- 1 tablespoon sugar
- 1 1/2 teaspoons cider vinegar
- 1/2 teaspoon dried thyme

Heat oven to 325 degrees. Combine sage, garlic, and pepper; press onto veal roast. Place roast, rib ends down, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of veal, not touching bone or resting in fat. Do not add water or cover. Roast in 325 degree oven, 25-27 minutes per pound for medium doneness.

Heat oil in large nonstick skillet over medium-low heat until hot. Add onions; cook 15-20 minutes or until soft, stirring occasionally. Stir in remaining chutney ingredients; bring to a boil.

Reduce heat; cover and simmer 20-25 minutes or until apricots are soft, stirring occasionally.

Remove roast when meat thermometer registers 155 degrees for doneness. Tent with foil; let stand 15 minutes. Temperature will continue to rise about 5 degrees to reach 160 degrees for medium. Carve roast between bones. Serve with chutney. Makes 8-10 servings.

VEAL MADE *easy*™

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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