

# Versatile Veal Part Of New York Harvest Fest

ALBANY, N.Y. — The aroma of veal cutlets sauteing in melted butter and sizzling garlic were too tantalizing to pass up at the annual Harvest Fest held in Albany, Nov. 17-18. The smell wafted throughout the courtyard at the Desmond Hotel, encouraging everyone to follow their nose to the source of the delicious scent.

Attendees gathered anxiously around the table to taste the cutlets, which were lightly coated in seasoned flour and cooked in butter and garlic.

Participants sampled three veal recipes with four New York wines while NYBIC staff discussed veal purchasing, nutrition, food safety and menuing ideas. Versatility was the theme of the presentation.

Parmesan, marsala and piccata are the thoughts triggered when most consumers hear the word veal, but the New York Beef Industry Council wanted to showcase different trends using veal by adding a unique twist to standard recipes.

Following are some of the recipes featured.

## ITALIAN VEAL AND PEPPER STEW

1-1/2 pounds veal for stew  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons olive oil  
14-1/2 ounce can diced Italian-style tomatoes, undrained  
3/4 cup ready-to-serve chicken broth  
2 cloves garlic, minced  
2 medium green bell peppers, cut into thin strips  
hot cooked rice  
grated Parmesan cheese  
Combine flour, salt and pep-

per. Lightly coat veal with seasoned flour, reserve remaining flour. Heat oil in Dutch oven over medium heat until hot. Brown 1/2 of veal; remove from Dutch oven. Brown remaining veal and remove.

Stir tomatoes, broth, garlic and reserved flour mixture into Dutch oven. Return veal to Dutch oven; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes. Add bell peppers; continue cooking, covered, 30 minutes or until veal and peppers are tender.

Serve stew over rice; sprinkle with cheese, as desired.

## VEAL BURGER

1-1/2 pounds ground veal  
4 slices bacon, crisply cooked and coarsely crumbled  
2/3 cup coarsely crushed sour cream and onion potato chips  
1 egg, lightly beaten  
2 cloves garlic, minced  
1 tablespoon Dijon-style mustard  
4 hamburger buns, split  
lettuce leaves  
tomato slices

### Sauce:

1/2 cup mayonnaise  
1-1/2 tablespoons sun-dried tomatoes, minced  
1 tablespoon prepared basil pesto sauce  
dash ground red pepper  
Combine mayonnaise, sun-dried tomatoes, pesto sauce and red pepper in medium bowl. Set aside.

Combine ground veal, bacon, potato chips, egg, garlic, and mustard in large bowl, mixing lightly but thoroughly. Lightly shape into four 3/4-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill,

uncovered, 10-12 minutes to medium (160 degrees) doneness, until it is no longer pink in the center and juices show no pink color. Turn occasionally.

Line bottoms of buns with lettuce and tomato; top with burgers. Spoon sauce evenly over burgers; close sandwiches.

## PEPPER-LIME VEAL FAJITAS

1 pound veal cutlets  
1 tablespoon olive oil  
1 medium red pepper, cut into 1/4 inch wide strips  
1 medium yellow pepper, cut into 1/4 inch wide strips  
1 medium onion, sliced  
8 small flour tortillas (6-7 inch diameter)  
chopped fresh cilantro  
prepared salsa

### Marinade:

3 tablespoons fresh lime juice  
1 tablespoon olive oil  
2 cloves garlic, minced  
Pound veal cutlets to 1/8-inch thickness. Cut cutlets into 3 x 1 strips; toss with marinade ingredients in medium bowl. Refrigerate 10 minutes.

Heat 1/2 of oil in large nonstick skillet over medium-high heat until hot. Add bell peppers and onion; stir-fry 4-5 minutes or until crisp-tender. Remove; keep warm.

Heat remaining oil in same skillet over medium-high heat until hot. Drain veal; discard marinade. Add of half veal; stir-fry one to two minutes or until just cooked through. (Do not overcook.) Remove from skillet. Repeat with remaining veal.

Combine veal and vegetables; season with salt and pepper. Serve with tortillas, cilantro and salsa.



Lorrell Kenney, New York Beef Industry Council, talks to participants during a seminar at Harvest Fest, Albany, N.Y.

## Featured Recipe

John Strommer, Media, sent in this recipe from a 1947 cookbook.

Imagine 75,000 persons at one barbecue. And then think of the headache you would get planning the food for such a crowd. But to Lieutenant C. W. Ellison of the sheriff's department of Los Angeles County, Calif., it is just another day's work, for he is the chef for such a large undertaking each year, the proceeds of which go to charity. This is the way it is done: Construct four underground brick pits, each eight foot wide, 15 feet long, and eight feet deep, covering the bottoms with large rocks to hold the heat. Build a fire in each of the pits and let them burn from eight to 10 hours, so there is a solid bed of charcoal. Cover charcoal with sheet iron and place a layer of wet burlap sacks on the sheet iron.

Meanwhile, cut 40,000 pounds of prime steer beef (forequarter, only) into 25 pounds chunks, tie in cheesecloth and saturate cloth with a barbecue sauce made of the following ingredients cooked together for about an hour.

### Los Angeles County Barbecue

300 crates tomatoes, chopped  
4,000 pounds onions, chopped  
50 pounds garlic  
25 pounds green chili peppers, chopped after removing seeds  
50 pounds ground celery seeds  
50 pounds ground oregano (marjoram)  
10 pounds ground cuminseed  
125 pounds black pepper  
700 pounds sale  
100 pounds vinegar

Place the meat in prepared pits on the wet burlap sacks. Cover pits with boards, then with canvas and finally with about 18 inches of sand to hold in the heat. Leave meat in the pits, undisturbed, for 14 to 15 hours. When it is taken out, meat is so tender that no knife is needed to cut it — the bones slip out. About 8 ounces of meat is served to each person.

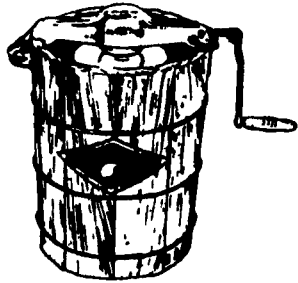
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