



# Home on the Range



## Celebrate National Veal Month

### VEAL PARMIGIANA

8 ounces veal leg cutlets, cut 1/8- to 1/4-inch thick  
 1/2 cup dry bread crumbs  
 2 tablespoons grated Parmesan cheese  
 1 egg, beaten  
 2 teaspoons olive oil  
 1/4 cup shredded mozzarella cheese

#### Sauce:

1 teaspoon olive oil  
 2 tablespoons chopped onion  
 1 small clove garlic, crushed  
 8 ounces plum tomatoes, peeled, seeded, chopped  
 1/4 teaspoon salt  
 1/4 teaspoon sugar  
 Dash ground nutmeg  
 Dash pepper  
 1 1/2 teaspoons chopped fresh basil or 1/2 teaspoon dried basil leaves  
 1 1/2 teaspoons grated Parmesan cheese

Prepare sauce. In small non-stick skillet, heat oil over medium heat until hot. Add onion and garlic; cook and stir 3 to 4 minutes or until crisp-tender. Add tomatoes, salt, sugar, nutmeg, and pepper; cook over medium heat 5 minutes or until thickened, stirring frequently. Stir in basil and Parmesan cheese. Cover and set aside.

Pound veal cutlets to 1/8-inch thickness, if necessary. Combine bread crumbs and 2 tablespoons Parmesan cheese. Dip cutlets in egg, then into crumb mixture to coat both sides evenly and thoroughly.

In large nonstick skillet, heat 2 teaspoons oil over medium heat until hot. Add cutlets; cook 3 to 4 minutes or until browned and cooked through, turning once. Spoon an equal amount of sauce over each cutlet; top with equal amounts of mozzarella cheese. Reduce heat to low; cover and cook 3 to 5 minutes or until cheese melts. Makes 2 servings.

### STUFFED VEAL CHOPS

4 thick round bone shoulder veal chops  
 15 ounces ricotta cheese  
 1/2 cup cooked and drained spinach  
 1 egg  
 3-4 cloves garlic finely minced  
 Salt and pepper to taste  
 1/2 teaspoon oregano  
 1 teaspoon basil  
 3 tablespoons parsley  
 2 tablespoons butter  
 2 tablespoons oil (olive)  
 1 cup white wine  
 2 cups chicken or veal stock  
 8 ounces finely grated mozzarella cheese

Pocket veal chops. Mix ricotta cheese, spinach, egg, garlic, salt, pepper, oregano, basil, and parsley. Stuff veal pockets and sew closed. Melt butter and oil in heavy duty fry pan. Sauté veal until lightly browned. Place veal chops on rack and braise approximately 45 to 60 minutes in wine/stock combination. Sprinkle chops with grated mozzarella and broil 3-5 minutes until brown and bubbly.

F.A. Yahas  
Scotrum

### HUNGARIAN VEAL STEW WITH EGG DUMPLINGS

1 1/2 pounds veal (stew meat) cubed  
 1 large onion, chopped  
 2 tablespoons vegetable oil  
 1 teaspoon salt  
 1 teaspoon paprika  
 1/4 teaspoon black pepper

2 small green peppers, cut into 1-inch pieces  
 5 tablespoons sour cream  
 1/2 tablespoon flour, mixed with sour cream to make gravy  
 Brown chopped onion in oil. Add salt, pepper, and paprika. Add cubed veal and 1/2 cup water. Cook very slowly for 1 hour. During last 10 minutes of cooking add green peppers. Cook until tender. Add sour cream mixture (room temperature).

#### For dumplings:

2 eggs  
 1/2 cup milk  
 1 teaspoon salt  
 1 cup flour  
 Mix all ingredients together to form thick batter. Drop batter by teaspoon into boiling salt water. Cook about 10 minutes — drain; rinse with cold water. Drain well and add to veal paprika. Makes 6 cups.

F.A. Yahas  
Scotrum

### ASIAN BRAISED VEAL WITH WASABI SAUCE

4 veal cross-cut shanks (about 2 1/2 pounds, cut 1 1/2-inch thick)  
 2 tablespoons olive oil  
 1 cup chopped onions  
 1/2 cup chopped carrots  
 1/4 teaspoon minced fresh ginger  
 2 cloves minced garlic  
 2 cups veal stock or chicken broth  
 1/4 cup soy sauce  
 1/4 cup sake (rice wine)

#### Wasabi Sauce:

1 1/2 to 2 tablespoons wasabi paste  
 2 tablespoons peanut oil  
 1 tablespoon mirin  
 1 teaspoon dark sesame oil  
 1 teaspoon minced fresh ginger  
 1 teaspoon minced garlic  
 1 teaspoon sugar

Heat 1 tablespoon oil in Dutch oven over medium-high heat until hot. Add veal shanks and brown evenly, turning occasionally. Add remaining 1 tablespoon oil as needed. Remove shanks; set aside.

Add onion, carrots, ginger, and garlic; cook and stir 1 to 2 minutes or until tender. Add veal stock, soy sauce, and sake. Return shanks to Dutch oven; bring to a boil. Reduce heat to low; cover tightly and simmer 1 1/2 hours or until veal is fork-tender.

Meanwhile combine sauce ingredients in small bowl; set aside. Remove shanks to warm platter. Remove vegetables from cooking liquid; skim fat. Cook liquid over high heat until reduced by half, stirring occasionally. Stir in sauce ingredients. Serve with veal. Makes 4 servings.

Cook's Tip: Wasabi paste and mirin can be found in the Asian section of the supermarket or in specialty food stores.

### VEAL IN CREAM WITH MUSHROOMS

2 tablespoons butter  
 1 cup minced mushrooms  
 1 tablespoon minced scallions  
 2 cups minced cooked veal  
 1 cup heavy cream  
 Salt  
 Fresh ground pepper  
 1/2 teaspoon tarragon  
 Melt the butter in a skillet and add the mushrooms and scallions. Cook slowly for 5 minutes. Add the veal, cream, and salt and pepper to taste along with the tarragon. Cook over medium heat, stirring often for about 5

minutes until the cream has reduced and thickened. Enjoy.

Ashley Bird

Centre County Dairy Princess

### VEAL SCALLOPINI

1/2 cup all-purpose flour  
 2 teaspoons garlic salt  
 1 pound veal scallopini  
 1/4 cup vegetable oil  
 2 tablespoons butter  
 1/4 cup chicken broth  
 2 tablespoons lemon juice  
 1/2 lemon cut into 4 wedges  
 Mix flour and garlic salt. Coat veal with flour mixture.

Heat 2 tablespoons of the oil in 10-inch skillet over medium heat. Cook half of the veal in oil about 5 minutes, turning once, until brown. Remove veal, keep warm. Repeat with remaining veal and oil. Drain any remaining oil and overly browned particles from skillet.

Add butter, broth, and lemon juice to skillet. Heat to boiling, scraping any remaining particles from skillet. Boil until liquid is reduced by about half and mixture has thickened. Pour over veal. Serve with lemon wedges. Makes 4 servings.

From Betty Crocker's  
New Cookbook

### VEAL MEATBALLS

1 pound ground veal  
 1/2 cup dry bread crumbs  
 1/4 cup milk  
 1/2 teaspoon salt  
 1/2 teaspoon Worcestershire sauce  
 1/4 teaspoon pepper  
 1 small onion chopped (1/4 cup)  
 1 large egg  
 Heat oven to 400 degrees.

Mix all ingredients, shape into twenty 1 1/2-inch meatballs. Place in rectangular pan which has been sprayed with Pam.

Bake uncovered 20 to 25 minutes or until no longer pink inside.

From Betty Crocker's  
New Cookbook

### GRILLED VEAL CHOPS

4 to 6 veal chops  
 1 8-ounce bottle of fat free or low fat Italian dressing or Gazebo Room Greek dressing

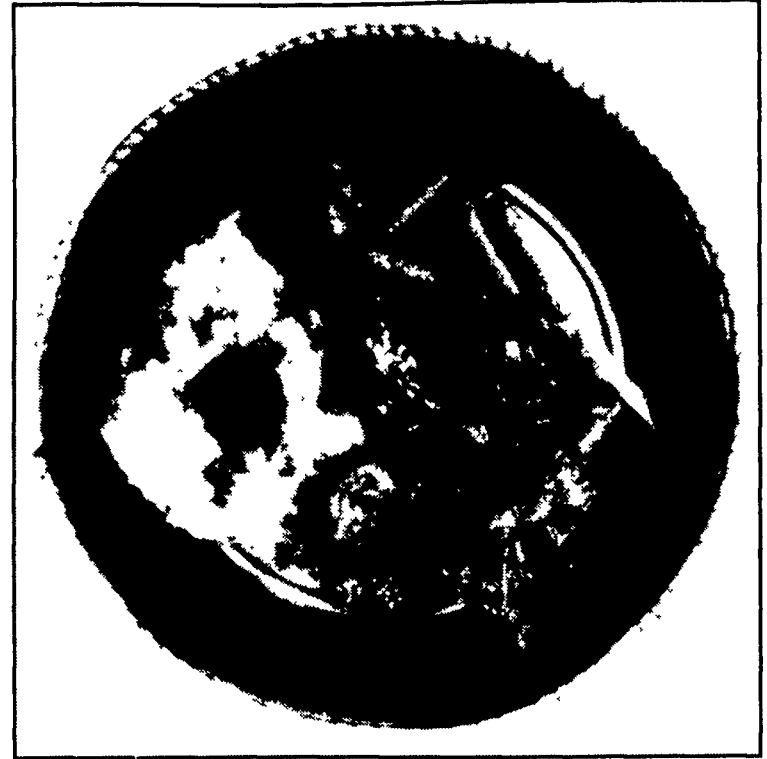
Put veal chops in zip-lock plastic bag, add dressing, coating veal. Put into refrigerator and marinate for at least 1 hour (up to overnight). Grill (or bake) veal chops to desired doneness.

From Betty Crocker's  
New Cookbook

### HEARTY VEAL STEW

2 pounds veal for stew, cut into 1 1/2-inch pieces  
 4 teaspoons olive oil  
 1 1/4 cups water  
 1 medium onion, coarsely chopped  
 1/2 cup dry white wine  
 2 teaspoons dried Italian seasoning  
 1/4 teaspoon salt  
 1 1/2 cups uncooked medium pasta shells  
 1 1/2 cups chopped green, red or yellow bell pepper or a combination  
 1 tablespoon cornstarch, dissolved in 1/4 cup water  
 1/2 cup drained, pitted ripe olives (optional)  
 1 tablespoon balsamic vinegar

In Dutch oven or large deep skillet, heat oil over medium heat until hot. Add veal (1/2 at a time) and brown evenly, stirring occasionally. Pour off drippings. Add water, onion, wine, Italian sea-



Savory veal dishes make special meals for family and weekend entertainment.

## Featured Recipe

Veal makes any meal special.

Need some tips when selecting flavorful, tender veal cuts?

- Make veal your last stop at the grocery store. Look for a package without tears or punctures with no signs of leakage. Purchase veal and other perishables on or before the "sell by" date.

- Select veal that is creamy pink in color with fine-grained texture. Any fat covering should be milky white.

- At home, store veal promptly in the meat compartment or the coldest part of the refrigerator. Unopened veal may be refrigerated for 1-2 days after purchase.

- Veal may be frozen. If used within two weeks of purchase, keep it in its original wrapping. For longer storage, rewrap veal in heavy-duty aluminum foil or freezer paper. Or place in freezer-safe plastic bags (press out as much air as possible). Label and freeze at 0 degrees of lower.

- Freeze ground veal up to three months; chops and steaks 6-9 months.

- Defrost veal in refrigerator. Allow 12 hours for one-inch thick chops, steaks, or patties. Grilling veal from the frozen state is not recommended.

Here is a great recipe from the Pennsylvania Beef Council.

### VEAL BREAST WITH OLIVE-MUSHROOM FILLING

1 boneless veal breast (2-1/2 to 3 pounds)  
 2 teaspoons olive oil  
 1/2 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 3/4-inch border. Starting at short end, roll up jelly-roll fashion; tie with string.

Heat 2 teaspoons oil in same pan over medium heat until hot. Add veal; brown evenly. Pour off drippings. Add Marsala and 1/2 cup water; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 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.

soning, and salt to veal. Bring to a boil; reduce heat to low. Cover tightly and simmer 1 hour or until veal is tender.

Meanwhile cook pasta according to package directions; keep warm.

Stir in bell pepper. Bring veal stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 2 minutes or until sauce is thickened and bubbly.

Stir in pasta, olives, and vinegar; heat through. Makes 6 servings.