

GOOD-LIFE

Rose Veal

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Rose Veal Pot Roast

Ingredients:-

- 1.5kg/3 ½ lb boned rolled shoulder of veal or brisket
- Salt and Pepper
- 85g/3 oz Unsmoked bacon lardons
- 85g/3 oz butter
- sprig of thyme
- 350g/12 oz Small button mushrooms
- 20 small shallots or baby onions, peeled
- 125ml/4fl oz Dry white wine

Method:-

Heat oven to 160 C/325 F/gas 3

Season the veal with salt and pepper. Heat a large ovenproof pan or casserole with a well fitted lid. Brown the bacon in 55g/2oz of the butter, then add the veal and brown all over. Throw in the thyme, cover and cook in the oven for 2-3 hours, turning and basting the meat occasionally.

About 30 minutes before the end of the cooking time, cook the mushrooms in the remaining butter in a pan over a high heat: remove with a slotted spoon and set aside. Add the shallots or onion to the pan and brown lightly, then add them to the veal for the last 30 minutes or so of cooking.

When the veal is very tender, remove from the casserole and leave to rest in a warm place. Add the mushrooms and the wine to the casserole and place over a medium-high heat to reduce slightly. Season to taste and serve with the sliced Veal. The sauce is thin but full of flavour.

Ref:- 'The whole Cow' by Christopher Trotter
www.fifefoodambassador.co.uk