

GOOD-LIFE

Rose Veal

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Italian Braised Veal

Ingredients:-

- 2 tbsp butter
- 1 tbsp extra virgin olive oil
- Approx 450g diced veal
- 1 tbsp plain flour
- salt and pepper to taste
- 1 medium onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 2 tbsp cubed pancetta
- 2 sage leaves, chopped
- 1 sprig of rosemary
- 120ml white wine
- 120ml chicken stock

Method

1. In a saucepan large enough to hold all the veal in a single layer, melt the butter over medium heat and add the oil. Dry the veal and dredge them in a mixture of flour, salt and pepper. Shake off the excess.
2. Add the veal to the hot pan and brown for about 5 minutes on each side. Set aside on a plate and add the onion, carrot, celery, pancetta, sage and rosemary in the same pan for 5 minutes. Stir in the wine and stock.
3. Return the veal to the pan with any of the juices that accumulated on the plate. Bring to the boil and then reduce the heat to low, cover and cook for about 1 hour until the veal is very tender when pierced with a fork. Stir occasionally and add a little water if the sauce gets too thick. Serve hot.