

GOOD-LIFE

Rose Veal

www.good-lifefarming.co.uk
Tel - 07746186465

Rose Veal Stroganoff

Ingredients:-

- ÿ 400g Rose Veal Steak cut into thin strips
- ÿ 200g Mushrooms, chopped
- ÿ 2 x small Onions, finely chopped
- ÿ 200 ml Chicken Stock
- ÿ 2 cloves Garlic, crushed
- ÿ 3 tbsp crème fraiche
- ÿ 1 tbsp plain flour
- ÿ 1 tsp tomato puree
- ÿ 2 tsp sweet paprika

Method:-

1. In a bowl toss the veal strips and paprika to fully coat, then in a large skillet cook the veal in a little oil over a medium high heat for a few minutes until browned. Remove the veal and put to the side.
2. Reduce the heat to medium and add the onion and garlic until the onions are soft (add more oil if required). Add the mushrooms and sprinkle the flour over the contents. Cook for a few minutes, stirring regularly, until the mushrooms are ready.
3. Add the chicken stock, tomato puree and return the veal to the pan. Bring to the boil and simmer for about five minutes.
4. Add the crème fraiche and stir before serving.
5. Serve with boiled rice or pasta.