



3 Great Veal Dishes

Vita's Sicilian Spiedini (Stuffed Veal Rolls)

- 6 veal cutlets, pounded thin
- salt and fresh cracked pepper

- 4 tablespoons regular olive oil plus additional for baking
- 1 medium to large sweet onion, peeled, cut in half top to bottom, then cut into ¼ inch slices
- 2 garlic cloves minced
- 1 small can of crushed tomatoes, about 1 ½ cups.
(You can substitute 1 ½ cups of Del Monte or other brand tomato sauce)
- fresh breadcrumbs
- freshly grated Pecorino Romano or Parmesan cheese for stuffing and for topping,
- seasoned dry packaged breadcrumbs

Optional:

Pine nuts and or golden raisins

1. Heat the olive in a small saucepan over medium heat and add the olive oil.
2. Add the onion and cook until tender and translucent.
3. Reduce the heat a bit and add the garlic and continue to cook until the garlic is tender as well.
4. Next add the canned tomatoes or sauce and simmer for about 5 minutes.
5. Remove from the heat and stir in equal amounts of fresh breadcrumbs and freshly grated cheese to for the stuffing. (Add in optional pine nuts and or raisins if desired.) The stuffing should hold together when you squeeze some in your hand.
6. Lay out the veal cutlets and season with salt and fresh pepper on both sides.
7. Divide the stuffing mixture into 6 parts and place 1/6th on each cutlet.
8. Spread out the stuffing mix over the entire surface of each cutlet.
9. Roll up each cutlet, secure with a toothpick or place on skewers and place in a baking dish that has been rubbed with some regular olive oil. This prevents the cutlets from sticking.
10. Sprinkle the top of each cutlet with seasoned dry breadcrumbs and grated cheese and place in a preheated 425-degree oven.
11. Cook until cutlets are firm and internal temperature reaches 145-150 degrees.
12. Remove from oven and serve.

Recipe verbally given to me by my sister-in-law Madeline Najdzin's Mom Vita Rappa

Tiny Veal Meatballs Sautéed with Baby Artichokes, Caramelized Cherry Tomatoes, Finished with White Wine and Served over Polenta Rounds

1 pound ground veal
½ cup seasoned breadcrumbs
¾ cup grated Pecorino Romano cheese
2 eggs
2 tablespoons fresh Italian parsley, chopped
A sprinkle of salt and fresh pepper
Regular 100% olive oil for sautéing

8 garlic cloves, sliced thin
8 baby artichokes, outer leaves pulled off, bottom and stem trimmed, split in half and sliced thin.
(Keep in lemon water to prevent discoloring from oxidation.)
2 cups cherry tomatoes cut in half
Dry white wine for deglazing and finishing, about ½ to 1 cup

Grilled or pan-fried 1” thick polenta rounds cut from a premade log of polenta from Italian specialty shop.
Extra virgin olive oil for serving
Fresh Italian parsley, chopped for garnish

In a medium stainless or glass bowl combine the ground veal, seasoned breadcrumbs, Pecorino Romano cheese, eggs, parsley, sprinkle with a good pinch of salt, fresh pepper and mix well. Form the tiny meatballs each with a heaping tablespoon of meat mixture. Place meatballs on a dinner plate. Have a second plate ready for meatballs once they are cooked.

Place a 12-inch sauté pan over medium high heat and add enough regular 100% olive oil to nicely coat the bottom. When the oil is hot start adding the meatballs. They should sizzle when they are added to the pan. Cook the meatballs in two batches until they are all nicely browned on all sides. Do not burn them. Lower the heat a bit if they are browning too quickly. As you remove each cooked meatball from the pan add another uncooked one in its place to maintain the same pan volume. This will help keep the pan temperature constant and prevent oil from burning. When the second batch of meatballs are all cooked slide the pan off the flame to a burner that is not on and remove the meatballs.

When all the cooked meatballs are removed slide the pan back over the flame and add the garlic. Cook the garlic until tender and translucent and then immediately add the artichokes. Sauté the artichokes until they are tender.

Now raise increase the heat to high and add the tomatoes. Toss the tomatoes for about 2 minutes and add the meatballs back to the pan. Add a splash of dry white wine, about ½ cup at first, and toss to deglaze the pan and continue to sauté while tossing for about one more minute.

Remove pan from heat and season with salt and fresh pepper if needed. Arrange the polenta rounds on a platter and pour the pan contents over the top. Sprinkle with some fresh chopped Italian parsley and drizzle with your best extra virgin olive oil. Serve and enjoy!

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(Recipe inspired and created after listening to a passage from the audio book ‘Every Day in Tuscany, Seasons of an Italian Life’ by Frances Mayes.)

Braised Veal Shanks with Gremolata (Veal Osso Buco)

- 4 pounds veal shank, cut $\frac{3}{4}$ inch thick
- 1 cup all-purpose flour
- $\frac{1}{4}$ cup regular olive oil
- 2 cup of coarsely chopped leeks, tender white part only
- 1 cup coarsely chopped shallots or yellow onion
- 1 cup coarsely chopped carrot
- 1 cup coarsely chopped celery
- 10 garlic cloves, coarsely chopped
- 1 cup dry white wine
- 1 35-ounce can of plum tomatoes, broken up by hand into $\frac{1}{2}$ inch pieces
- 2-4 cups veal or chicken stock

Gremolata

- 5 garlic cloves, finely minced
- $\frac{1}{2}$ cup parsley, finely minced
- 4 teaspoons lemon zest

Combine all three ingredients and reserve for garnishing at serving time.

Lay out the veal shanks on a tray and pat dry, on both sides, with a paper towel. Salt and pepper both sides and then dredge in flour until thoroughly coated. Heat a large Sauté pan over medium heat and add the oil. Add the flour-coated shanks and sauté until well browned on all sides. Keep the heat adjusted low enough that you don't burn the pan but high enough to create a nice caramelization on the exterior of the veal. After sautéing all the veal remove the veal to a plate and set aside.

Add the leeks, garlic, shallots, celery and carrot to the pan and cook until tender and wilted. Deglaze the pan with the white wine and then add the tomatoes, juice and all, and bring to a simmer. Add the veal back to the pan and add enough stock to adequately cover all of the veal. Bring to a simmer and cover. At this point you can either finish cooking over very low heat, covered on the stovetop, or you can place the covered pan into a pre-heated 350-degree oven. The veal must cook from 2-3 hours or until the meat is fork tender and falling off the bone.

Taste the sauce every now and again to see how the flavor is developing. Do not let the liquid level go below the meat. The meat must always be covered. You must add additional stock as needed to keep meat covered. If your pan's lid does not seal well your liquid will reduce faster and more stock will be needed. Depending on how the taste is developing you can elect to add more wine as well.

When the meat is thoroughly cooked remove it, with a slotted spoon, and keep warm. Taste the sauce. If the sauce is rich enough in flavor but too thin in consistency you must thicken it up a bit with some cornstarch and water. If the sauce is weak in flavor you must reduce it down until rich in flavor. Place the pan on the stovetop and adjust the sauce by either reduction or thickening with a cornstarch water slurry.

Do a final seasoning with salt and fresh pepper. Return the meat to the pan and serve. Serve one or two pieces of veal per person. Sprinkle some gremolata over the top.

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