

How to Cook Veal



Methods of Cooking Veal

Roasting

Veal should be roasted in a moderate oven at 160°C for about 35 minutes per 500g, if on the bone and 40-45 minutes per 500g if boned and rolled. The leg, the loin and the rib joints are all suitable for roasting, as is the boned and rolled shoulder. As it is a dry meat remember to baste frequently.

Veal should be thoroughly cooked and not served rare.

Frying and Grilling

Because veal is so lean, great care needs to be taken when grilling it. Even then great care must be taken to baste the meat with olive oil during grilling to stop it drying out. Chops, fillets and escalopes cut from the leg are best pan fried in butter or olive oil. They are sometimes bread crumbed first which gives an extra protection against drying out.

Braising and Pot Roasting

Such a lean, tender meat lends itself to these methods where the moist heat gently cooks the meat, and the herbs and vegetables added to the pot provide flavourings for this sometimes bland meat.

Stewing and Casseroling

Some of the cheapest cuts of veal make the tastiest stews. Think of French *Blanquette de Veau* with its creamy, lemony sauce tasting of cloves and onions, or the Italian stew, *Ossobuco*, with its sticky, glossy white wine and tomato sauce and piquant garnish of lemon, parsley and garlic.

Brought to you by Peninsula Bulk Meats

Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.