

STRAUSS[®]
free raised veal



Strauss *Free Raised*[®] Rolled Veal Roast with Baby Carrots, Brussel Sprouts & Yukon Gold Potatoes

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ingredients

prep time: 30 min • cook time: 1½ hrs • serves 4

1 veal roast (2–3 lbs) with netting or tied with butcher's string	
Kosher or sea salt, to taste	2 cups red or white wine
Cracked black pepper, to taste	3 bay leaves
1/3 cup extra-virgin olive oil	5 sprigs thyme
2 tbsp unsalted butter	5 sprigs rosemary
2 celery stalks, sm dice	2 cups sm Yukon Gold potatoes, quartered
1 sm yellow onion, sm dice	
9 cloves garlic, peeled	2 dz peeled baby carrots
2 cups button mushrooms, quartered	1 dz Brussel sprouts, halved
2 tbsp tomato paste <i>optional</i>	3 cups beef or chicken stock
1 tbsp all-purpose flour	¼ cup Italian parsley, chopped

directions

- 1 Heat oven to 325°. Place medium-sized roasting pan over medium-high heat.
- 2 Season veal roast with salt and black pepper.
- 3 Add olive oil to pan and heat until smoking. Add roast to pan and brown on all sides, adding 1 tbsp of butter at end.
- 4 Remove roast, add celery, onion and garlic to pan. Reduce heat to medium, sauté 3 minutes. Add mushrooms, sauté 3 minutes. Add tomato paste and flour, mix well. Sauté for 2-3 minutes.
- 5 Add wine, bay leaves, thyme, rosemary, potatoes, carrots and Brussel sprouts. Reduce wine by half, add stock. Reduce heat to medium-low.
- 6 Add roast to pan, simmer, cover loosely with foil and place in preheated oven.
- 7 Cook roast for 45 minutes to 1 hour, depending on desired doneness. (Preferred internal temperature of 140°.) Remove pan from oven, move roast to serving platter, keep warm.
- 8 Place pan back over medium heat, reduce liquid if necessary. Remove bay leaf, thyme and rosemary from sauce. Season sauce with salt and black pepper. Finish with 1 tbsp butter and parsley.
- 9 Slice roast to ¼ inch slices. Pour sauce and vegetables on serving platter. Place sliced roast over. Serve and enjoy!

Recipe courtesy of Adam Siegel, Executive Chef, Bartolotta Restaurants.

Suggested wine: Cabernet Sauvignon