

ROASTED VEAL SHOULDER WITH MUSHROOMS

Prep Time

10 min

Inactive Prep Time

30 min

Cook Time

2 1/4 hrs

Level

Easy

Servings

8



Ingredients

3 to 4 pound boneless veal roast
1 whole garlic clove, cut in half
kosher salt
ground black pepper (freshly
ground suggested)
3 sticks margarine (substitute
with 1 cup olive oil)
1/2 cup chopped onions
1/2 cup dry white wine
1 tablespoon all-purpose flour
12 ounces sliced fresh mushrooms
2 sprig rosemary chopped
(substitute with thyme if desired)

Directions

1. Remove roast from refrigerator and let stand at room temperature for approx. 30 min.
 2. Heat oven to 350°F.
 3. Rinse veal roast with cold water and pat dry.
 4. Rub roast all over with cut garlic halves; discard after use.
 5. Season the meat with kosher salt and black pepper.
 6. Melt margarine (or heat oil) in a large cast iron skillet (or large pan) and bring to medium heat on stove top.
 7. Place veal roast in skillet. Sear the roast on all sides until it is lightly browned. Spoon the margarine (oil) over the roast as it browns. (be careful not to burn yourself)
 8. Place a rack in a roasting pan or 9x13 baking pan. Remove roast from skillet and place in pan.
 9. Place onions in skillet and cook, stirring, until onions are lightly browned.
 10. Add flour to skillet and stir until well blended. Cook, stirring, for 1 minute.
 11. Add wine to skillet; blend well. Add mushrooms and chopped rosemary.
 12. Pour mixture over roast.
 13. Place roast in oven for 2 hours, basting with the onion and mushroom mixture. Turn roast every 20 to 30 minutes. (Pour more wine, water, or beef stock, as needed to keep mushrooms and onion mixture moist.)
 14. Remove from oven and let stand 10 min. Slice and serve with mushroom and onion mixture drizzled over each slice.
- *When using a meat thermometer: internal temperature of veal should be 135°F for medium rare, 150°F for medium, or 165°F for well done.*

Suggestions:

- Add 1 cup of beef stock to the mushroom mixture to make a rich and flavorful gravy
- Use wild mushrooms instead of button mushrooms
- For additional flavor, make a few slits in the veal and insert slivers of garlic cloves