

Kosher Deli Recipes

Veal Holiday Stuffed Veal Brisket



Holiday Stuffed Veal Brisket is a delectable main course served at the High Holidays and throughout the year. This traditional veal recipe is not difficult to make - just follow the instructions and cook slowly for best results.

Prepare the stuffing:

- 2 tbsp. oil
- 1 cup carrots or zucchini, grated
- 2 stalks celery, chopped
- 2 medium onions, chopped
- 1 cup sliced mushrooms
- 1-2 tsp. minced garlic (or approx. 1/4 tsp. garlic powder)
- 2 cups cornflake crumbs or small pieces of stale challah
- 1 egg
- 1 tsp. salt
- 1/2 tsp. black pepper
- Pinch of paprika
- 1/2 cup fresh chopped parsley or chives, or a couple of tsp. of your favorite dried herbs
- 1/2 cup chicken broth, or a bit more as needed

Heat oil to medium high and saute carrots, celery, onions and garlic for about 3 minutes until onions are softened. Add mushrooms and cook for another 2-3 minutes until mushrooms are tender. Pour off any liquid. Set mixture aside.

In a medium sized bowl, combine cornflake crumbs or bread with the egg. Sprinkle salt, pepper and paprika. Add cooled vegetable mixture and stir until ingredients are blended. Add fresh parsley and other herbs, to taste and blend in only enough chicken broth to make mixture moist, not wet and soggy.

Ingredients for Holiday Stuffed Veal Brisket:

- 5-6 lb. veal brisket - ask butcher to remove any bones and to make a 'pocket'
- Skewers, to close pocket that has been stuffed
- Garlic powder
- Paprika
- Salt
- Pepper
- 1 pkg. dry onion soup
- 1/4 cup ketchup
- 2 tbsp. soya sauce
- Water, enough to help form a paste
- 1 large onion, sliced
- Olive oil, optional
- 1 cup red or white wine, beef or chicken broth or water

Using a long spoon, place stuffing in brisket pocket. Close the pocket with skewers, 'sewing' or going in and out to keep pocket closed.

Sprinkle the outside of the brisket with garlic powder, paprika plus a dash of salt and pepper. Make a paste of the onion soup mix, ketchup, soya sauce and a bit of water. Rub this mixture all over the veal brisket.

Line the bottom of a heavy roaster with sliced onions. Place the prepared brisket on top of the onions. At this point, you can drizzle a small amount of olive oil over the top of the brisket. Pour wine, broth or water over onions at bottom of roasting pan.

Cover the roaster with a tight lid or with a layer of heavy duty tin foil. Cook at 350 degrees F for 30 minutes then reduce heat to 325 degrees F and

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continue cooking for another 2 hours. Baste occasionally.

Cool the meat before slicing.

Holiday Stuffed Veal Brisket serves: 8-10