

Kosher Deli Recipes

Veal Roast - Tender and Savory



Veal Roast is an easy dinner recipe that is very simple to prepare. It can be made a day or two ahead of serving - reheat and serve in less than 30 minutes. Serve Veal Roast with potatoes, noodles or grains and your favorite vegetables. Adjust amounts of ingredients depending on the size of the roast. This recipe will work with most types of veal: brisket, roll, blade roast... I find that long and slow cooking in a heavy roaster, with a bit of moisture in the roaster, produces tender, flavorful meat.

Ingredients for Veal Roast:

- Veal shoulder roast
- Dijon mustard, whole grain/old-fashioned
- 2 large onions, sliced
- 1 package dry onion soup mix
- 1/4 cup oil
- Garlic Powder
- Paprika
- Thyme (or your favorite fresh or dried herb)
- Salt
- Pepper

- Red or white wine, optional

Preheat oven to 350 degrees (turn down temperature to 325 degrees after one hour).

Cover the meat with a layer of mustard. Place half of the onions over the bottom surface of your roasting pan. Place veal on top of onions. Sprinkle onion soup mix all over the meat, allowing some to fall to bottom of pan. Do the same thing with the garlic powder, paprika, thyme, salt and pepper - allow a bit to fall to bottom of pan. Drizzle oil over top of roast. Add some water or wine, if desired, to bottom of roasting pan, only enough to make it 1/2" deep.

Note: you may also choose to add vegetable, chicken or beef stock to the pan instead of water or wine. A combination of liquids can also work - it depends on your taste preferences.

Cover the roasting pan and place in the oven, cooking for about 1 hour per kilo (2.2 lbs.) basting every 30-40 minutes. If pan becomes too dry, add some water (or wine) to allow for moist cooking and the creation of a flavorful sauce.

After one hour, turn heat down to 325 degrees.

Remove from oven and once cooled, refrigerate for 4-5 hours or overnight. You may slice the meat the next day or reheat as a one large piece.