



## VEAL STEW

Makes 4 servings.

This family style dish with a robust tomato flavor is so convenient to make and to serve. It is delicious made a day ahead or frozen.

## INGREDIENTS

- 1 3/4 pound boned shoulder of veal, cut into 2 inch cubes, all gristle and fat removed
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons unbleached all-purpose flour
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- One, 14 ounce can chopped tomatoes (See Note)
- 2 tablespoons tomato paste
- 8 thyme sprigs, plus extra leaves for garnish
- Kosher salt
- Freshly ground black pepper
- 12 small onions, peeled
- 12 baby potatoes, rinsed
- 12 white mushrooms

## PREPARATION

1. Preheat the oven to 350F.
2. Pat meat dry with paper towels. Spread flour on a sheet of wax paper and dip a few pieces of meat into the flour, shaking off excess flour. Repeat until all the meat has been dipped.

3. In a skillet heat 2 tablespoons of the oil and sauté the meat, over medium-high heat, turning with tongs, until just seared.
4. Transfer the finished pieces to a heavy enameled lined saucepan with a cover. Season meat lightly with salt and pepper.
5. Heat the remaining 2 tablespoons of oil in the skillet and sauté the chopped onions and garlic for a few minutes, then add to the meat.
6. Wipe the mushrooms with a damp paper towel and trim the stems.
7. Add mushrooms to the meat along with the tomatoes, tomato paste, thyme, onions, and potatoes. Season with salt and pepper and bring to a boil over high heat.
8. Cover and cook for about 2 hours, the meat should be tender. After 1 hour you may need to turn over the vegetables.
9. Discard the thyme sprigs and season to taste with salt and pepper.

## **NOTE**

I use Pomi brand chopped tomatoes, which now come in 14 ounce cans. If you are cooking the meat in a Creuset-like pot, you can refrigerate the stew in the pot. Be sure to place a sheet of wax paper under the lid.