



Total Locals Club

Recipes for Pairing with Total Locals
Club October 2006 Selections

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Veal, Wild Mushrooms, and Red Wine

Ingredients:

- 4 1/2 pounds boneless veal shoulder or round, cut into 1 1/2-inch chunks
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons plus 2 tablespoons olive or vegetable oil
- 2 large yellow onions, finely chopped
- 5 – 6 cloves minced garlic
- 3 tablespoons flour
- 4 cups chicken broth
- 1 1/2 cups red wine, Cabernet Sauvignon or Zinfandel
- 3/4 pound baby carrots
- 2 tablespoons finely chopped fresh thyme
- 2 tablespoons finely chopped fresh rosemary
- 1 1/2 pounds domestic or wild mushrooms or a combination, washed, dried, and cut into 1/4-inch slices
- Garnish: 2 teaspoons finely chopped parsley



Directions:

1. Preheat the oven to 350°F.
2. Toss the veal with the salt and pepper. Heat 3 tablespoons of oil in a heavy ovenproof casserole. Sauté the veal on all sides over medium-high heat until it is brown. (Do not overcrowd the pan or the veal will not brown.) With a slotted spoon, remove the veal to a platter and set aside.
3. Add the remaining oil to the pan and sauté the onions over medium heat for 3 minutes. Add the garlic and cook for 1 minute more. Stirring with a wooden spoon, add the flour and continue to cook for 30 seconds.
4. Stir the chicken broth, wine, carrots, thyme, and rosemary into the onion mixture. Simmer the sauce for 1 minute. Return the veal to the casserole and stir well. Braise the veal, covered, in the oven for 1 1/2 - 2 hours, until the meat is very tender when pierced with a fork.
5. While the veal is cooking, heat the remaining oil in a medium skillet. Sauté the mushrooms for 3 minutes and set aside.
6. When the veal is done, remove from the oven, add the mushrooms, and re-season with salt and pepper. Transfer the veal to a serving dish and garnish the top with the chopped parsley.

Makes 12 servings.