



New cut of veal worth experiment

Our kitchen has seen some recent discoveries — a different cut of veal which we had not tried before and a protein additive product which came from a friend.

A couple of weeks ago in a Farmer Jack supermarket, I spotted a cut of meat I had never seen before, and, of course, grabbed it. The meat was pale pink veal, and the cut, brisket. Perhaps you have served it before, but this was my first encounter with this cut of veal. There was only one left in the meat counter, so apparently has not the only homemaker whose attention was caught by the veal brisket.

I can report that it was quite good. Since I had not prepared it before, a traditional recipe frequently used for beef brisket in the past, seemed a logical starting point. The food processor made easy work of chopping carrots and onions for the pot. Shallots, garlic cloves and celery were added as well to make a bed of vegetables for the meat to braise in. No potatoes went in the pot as we are currently watching our weight at our house and, as with most diets, ours allows potatoes in very limited quantities.

COOKING time was about three hours, or until tender. The dish was removed from the oven and allowed to cool to room temperature, then placed in the refrigerator to allow the meat to chill and the fat to congeal for easy removal. After skimming away of the fat, the meat was lifted out of the pot of vegetables and broth and sliced. The

broth and vegetables went through the food processor again, to puree. This mixture was then put through a large fine mesh strainer, returned to a skillet and reduced for use as a sauce.

For anyone who prefers a gravy, follow the above procedure through the pureeing and straining, determine the amount of gravy you wish to end up with and place in appropriate amount of butter and flour in a skillet, cook into a roux, then add the needed amount of liquid for a tasty vegetable gravy.

VEAL BRISKET

- 3 lbs. veal brisket fall cut (boneless)
- 2 cups chopped carrots
- 2 cups sliced celery, cut into ¼ inch slices
- 3 large garlic cloves, sliced thin
- Thyme, to taste, or about ½ tsp.
- One bay leaf, broken in half
- 6 shallots, medium size, sliced thin ½ tsp. salt
- 6 cups water

Put all the vegetables and herbs into a large pot which will hold the meat easily and also fit into the oven. Place the meat on top of the vegetables and add the water, increasing the amount if

necessary to approximately three-quarters up the side of the meat. Cover and braise in the oven at 275-300 degrees for approximately three hours, or until the meat is tender. When done, remove from the oven and cool to room temperature. Place in the refrigerator and chill. Slice the meat. Put the vegetables through the food processor to puree. Add the sliced meat pureed vegetables and broth to a skillet and heat through. Serve hot.

THERE ARE a number of protein additive products available in health food stores, protein which has been extracted from different sources such as meat, or vegetables.

A friend recently told me about Shakele's Baking Enricher, a nutritional enricher for baked goods, which adds protein, vitamins, minerals and fiber to home baked goods. The enricher is used in small amounts of the flour called for in the recipe. For instance, if a recipe calls for 1½ cups of flour, the amount is reduced by 2 to 3 tablespoons of flour, and the enricher used instead. One-third cup of the product provides 20 percent of the US recommended daily allowance of protein. It mixes easily with flour and contains no

artificial sweeteners, colors or flavors.

The pancake recipe below is particularly tasty when made with the enricher and mothers who are concerned about nutrition can serve these pancakes without worrying that their children are getting only carbohydrates for breakfast. For more information about the product call Riebe Lundin, 338-1398.

BUTTERMILK PANCAKES

- 1½ cups sifted all-purpose flour
- ¼ cup Baking Enricher
- ¾ tsp. salt
- ¾ tsp. soda
- ¼ tsp. baking powder
- 2 large eggs, separated
- 1½ cups buttermilk
- 2 tbsps. melted margarine

Combine flour, Baking Enricher, salt, soda and baking powder; mix together thoroughly. Beat egg whites until barely stiff. With same beater, beat egg yolks lightly with buttermilk. Stir in melted margarine, then dry ingredients. Fold in egg whites. Spoon onto hot, lightly greased griddle, and bake until edges appear dry and small bubbles on surface begin to break (about 3 minutes). Turn and brown second side. Makes about 20 (3-inch) pancakes.

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