

Swiss Veal

- 3 tablespoons flour
- 1 teaspoon salt
- 1-1/2 pounds veal, pounded and sliced into small (1" around) pieces
- 3 tablespoons shortening
- 1 chopped onion
- 16 ounce can stewed tomatoes, diced, undrained
- 3 carrots, peeled and sliced 1/2"
- Worcestershire sauce to taste
- black pepper to taste
- cooking sherry to taste

Combine flour and salt. Coat veal thoroughly. Melt shortening in large skillet, and brown meat.

Add onions, tomatoes (undrained), carrots, Worcestershire sauce, pepper and sherry to skillet.

Cook covered on low heat for an hour and a fifteen minutes, adding water if necessary.

Serve with [noodles](#) [1] or [spaetzle](#) [2].

Serves: 4

Preparation time: 2 hours

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[1] <http://kitchen.unseelie.org/.//227>

[2] <http://kitchen.unseelie.org/.//29>