

ALL ABOUT VEAL

1. To Make Extra-Economical Veal Scallops from the Leg and Breast. Even more inexpensive than the Economical Veal Scallops made from veal shoulder (described on p. 116) are "scallops" made from the leg or (cheapest of all) the breast. Bones, fat and tendons must be removed from the meat, which takes a little time and patience. Slice *crosswise* into thin pieces. Pound and tenderize according to the method described on page 116.

2. Chicken Breasts Look and Taste Like White, Milk-Fed Veal. True milk-fed veal is rarely available in the United States, but it is possible to approximate its delicate flavor by using chicken breasts! Slice single chicken breasts in half *crosswise* to make 2 *thin* slices. Pound each between 2 pieces of waxed paper. Tenderizing is not necessary. Substitute these "scallops" in any of our recipes. They make beautiful facsimiles of European veal in appearance and flavor.

HOW TO COOK VEAL

Veal requires careful cooking because it is young and lacks fat and connective tissue that keep the meat naturally moist during cooking. Therefore:

A. Very thin cuts of veal are cooked in hot butter, margarine or oil.

B. Large cuts, after the initial browning are pot-roasted (another term is braised). That is, they are placed in a casserole with vegetables and basting liquid, covered and cooked.

Time and temperatures for pot-roasting veal. First roast uncovered at 450° for 10 minutes. Then reduce heat to 325°, cover and baste often. Cook until fork-tender or until a meat thermometer (inserted in a fleshy part of the roast and away from bone) reads from 170° to 175°. Europeans like their veal less well cooked, about 165°.

A rule of thumb for the total cooking time is to allow 25 minutes per pound plus an additional 25 minutes.