

Veal Stew
(Blanquette de Veau)

A nice change from beef or lamb stew.

Serves 6 -8

3-4 lbs stewing veal

½-cup flour

Salt & pepper

¼-lb. butter

¼-cup olive oil

1-large sweet onion, roughly chopped

2-ribs celery, roughly chopped

1-pound carrots, peeled and cut into thirds

2-bay leaves

2-small cans of tomato sauce plus 1 can of water

1 ½-tablespoons Worcestershire sauce

1-cup frozen peas

1-pound potato gnocchi, cooked

- *Salt and pepper both sides of meat; add flour to food storage bag. Place one pound of meat at a time into bag, turning until well coated. Remove from bag, shaking off excess flour.*
- *Heat butter and oil in large heavy saucepan. Brown meat in batches, approximately 3 minutes per side, until nicely browned. Remove and place in large roasting pan.*
- *Sauté onion, celery and carrots for 3-4 minutes. Add tomato sauce, water, Worcestershire and bay leaves; mix well and bring to a simmer. Remove from heat and pour over meat.*
- *Cover pan tightly with foil. Bake in 300 degree oven for 2 ½ hours, or until meat is tender.*
- *About 15 minutes before stew is done cook gnocchi according to package directions. Drain and set aside.*
- *Remove meat and carrots from pan; transfer to a large pot. Cut carrots into bite-sized pieces. Discard bay leaves. Strain sauce into the stew, smash vegetables with a wooden spoon to extract juices. Add cooked gnocchi and frozen peas. Mix well and warm over low flame until heated through.*

Cook's Note:

- *Stew can be prepared (do not add gnocchi and peas) and stored in an airtight container for up to 3 days. When ready to serve remove from the refrigerator and bring to room temperature. Add cooked gnocchi and peas and simmer until heated through.*
- *If you prefer, substitute diced potatoes for gnocchi. If doing so add them in the beginning of the recipe along with onions, celery and carrots.*

Nancy Contessa
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White Chicken Chili

A delicious alternative to traditional chili.

Serves 6-8

*1-lb. sliced mushrooms (any type)
3-tablespoons unsalted butter, divided
2-tablespoons olive oil
1-large sweet onion, chopped
3-stalks celery, chopped
2-cloves garlic, minced
2 (4 ounce) cans (mild or hot) green chili peppers, chopped
2-teaspoons ground cumin
1-teaspoon dried oregano
1/8-teaspoon (or more to taste) cayenne pepper
2-3 cups chicken stock
4-cups cooked chicken breast, shredded or chopped
3-(15 ounce) cans white beans, undrained
1-cup shredded Monterey Jack or Mexican Blend cheese*

Garnish

Serve with any or all of the following: crushed tortilla chips, tomato salsa, diced avocado, sour cream, additional cheese.

- In a large stockpot sauté mushrooms in 1-tablespoon butter. Remove and set aside.*
- To the same pot, add remaining 2-tablespoons of butter and olive oil; add onion and celery and cook until softened, about 5 minutes. Add garlic and cook 2 minutes.*
- Mix in green chilies, cumin, oregano, and cayenne, stirring for about 2 minutes.*
- Add 2 cups chicken stock, shredded chicken, white beans and sautéed mushrooms. Bring to a boil. Reduce heat and simmer 20 minutes, adding more broth as necessary to reach desired consistency or until heated through. Remove from heat and stir in the cheese until melted. Serve immediately.*

Cooks Notes:

- Although I use skin-on, bone-in chicken breast that I roast in the oven @ 375 degrees for about 45 minutes, you may use a purchased rotisserie chicken for easier preparation*
- Freezes very well; make an extra batch!*

Shepherd's Pie

Both the Irish and English take credit for this delicious casserole. My research indicates that Shepherd's Pie is prepared with lamb and the same dish, when prepared with beef, is known as Cottage Pie. Either way it is wonderful.

Serves 6

2 ½ pounds potatoes, peeled and quartered

4-tablespoons butter, melted

½-cup milk

1-egg yolk

Salt and freshly ground black pepper, to taste

2-pounds ground lamb

1-large onion, medium dice

3 carrots, sliced and parboiled

1 package Knorr Brown Gravy, prepared

2-tablespoons tomato paste

2-tablespoons Worcestershire Sauce

1-cup frozen peas

- Boil potatoes in salted water until fork tender, about 15 minutes. Drain potatoes. Add butter, milk, egg yolk, salt and pepper; mash with an electric beater until smooth. Set aside.*
- While potatoes are boiling, heat a large skillet over high heat. Cook lamb until no longer pink, about 8 minutes. Transfer lamb to a colander over a bowl to drain.*
- Return 3-4 tablespoons of fat to the skillet; add onion and carrots and sauté over low heat until softened, about 10 minutes.*
- Return meat to pan, add prepared gravy, tomato paste, Worcestershire sauce and peas. Stir well.*
- Transfer mixture to an ovenproof baking dish and spread evenly.*
- Top casserole with mashed potatoes; spread evenly. Once the surface is covered, rake through with a fork so that there are peaks that brown nicely.*
- Bake in a preheated 400-degree oven until potatoes begin to brown, 20 -25 minutes.*
- Cool slightly; serve.*