

## VEAL FILETS

1. Thaw completely.
2. Season Filets.

### **To Charcoal Broil:**

1. Light charcoal and let burn for 20-30 minutes.
2. Broil for approximately 3 minutes, turn and broil for 1 minute longer.

### **Sauce for Filets:**

#### *Ingredients:*

- 1 Tablespoon butter
- 1 Small clove garlic, minced
- 1/4 cup chopped onion
- 1 Tablespoon flour
- 3 Beef bouillon cubes
- 1 cup water
- 1/2 teaspoon salt

#### *Cooking:*

1. Melt butter in skillet.
2. Sauté onion and minced garlic.
3. Add flour to skillet and brown.
4. Dissolve 3 bouillon cubes in 1 cup hot water.
5. Add dissolved bouillon cubes to skillet and cook over medium heat until slightly thickened.
6. Add salt.
7. Pour over filets.
8. Serve with rice.

## COOKED POT ROAST

1. Thaw in refrigerator.
2. Preheat oven to 350 degrees.
3. Place aluminum foil large enough to cover roast in bottom of shallow roasting pan.
4. Open package carefully and place meat and juice in foil-lined pan.
5. Wrap roast tightly with foil.
6. Heat for approximately 30 to 45 minutes.



32819 Hwy. 87 - California, MO 65018  
1-800-705-2323 - 573-796-3134

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# COUNTRY VEAL & POT ROAST

**REFRIGERATE OR FREEZE UPON ARRIVAL**  
IF NOT USED IMMEDIATELY PLEASE FREEZE!

## RECIPE INSTRUCTIONS



### VEAL SLICES

(veal scallops - 4 ounces)

Four-ounces of solid lean meat. Often referred to as “scallops”, “scaloppine” or “escalopes de veau”.

Lightly flour, season and sauté quickly in a small amount of butter or oil.

Thawed veal slices may also be pounded very thin and then used in a number of delicious recipes. After they have been pounded thin, they may be served as follows.

### VEAL IN CREAM

1/2 cup chopped onion	1 clove minced garlic	6 Tbsp butter
4 Veal slices, cut into strips	Salt & Pepper	1 cup cream
1/2 lb. fresh mushrooms, sliced	2 Tbsp brandy	Noodles or rice

Prepare noodles or rice as directed on package.

Sauté onion, garlic and 4 Tbsp butter in skillet until onion is tender or translucent. Add veal and sauté for 2-3 minutes per side. Season if you wish. Add cream; simmer covered, for 10 minutes.

In another pan, sauté mushrooms in remaining 2 Tbsp butter for 2-3 minutes. Add brandy and combine with veal. Serve with noodles or rice. Serves 4.

### ELEGANT AND EASY VEAL

1/2 cup flour	1/4 tsp salt
1/8 tsp pepper	2 Tbsp butter
10 mushrooms, sliced	1 medium green pepper, cut into strips
1 small red onion, sliced and separated into rings	3 Tbsp butter
4 (4 oz.) Veal slices thawed & pounded	3/4 cup chicken broth
1/2 cup cream of chicken soup, undiluted	

Combine flour and seasonings and set aside. Sauté vegetables in 2 Tbsp butter until crisp and tender. Remove vegetables from skillet. Add 3 Tbsp butter and while it is melting, coat veal slices in flour mixture. Cook veal slices in butter over medium heat until browned on both sides. Place veal on a serving platter. Add chicken broth to skillet and stir in soup. Return vegetables to skillet and simmer until heated. Serve veal and vegetables together. Serves 4.

### VEAL T-BONES

(5 ounces)

Veal T-Bones are excellent when broiled to a medium doneness and will remain moist.

Thaw T-Bones before cooking. It takes approximately 2-3 minutes per side to broil our 5 oz. steaks for medium; 6-8 minutes per side for the 12 oz. cuts. Below are some ways to serve the T-Bones.

### RUSSIAN OR POLISH VEAL STEAKS

6 Veal T-Bones (thawed)	Rice or noodles	6 Tbsp butter
1 cup breadcrumbs	1/4 cup flour	1 cup heavy cream
4 Tbsp olive oil	2 beaten eggs	Sweet Paprika
Salt and pepper		

Prepare rice or noodles as directed on package.

Dip T-Bones in flour, egg mixture, and breadcrumbs. Heat butter and olive oil in skillet and brown T-Bones on both sides. Leave T-Bones in skillet and add heavy cream, cover and simmer about 15 minutes. Salt and pepper to taste, add paprika. Serve over rice or noodles. Serves 4-6.

### VEAL FILET MIGNON

Prepare two Filets per person. Thaw filets. Sauté filets in 1 1/2 tsp oil over medium heat for 2 1/2 minutes per side. May serve following sauce with Veal Filets.

#### Creamy Onion Sauce

1 Tbsp butter	1/4 cup diced onion	1 1/2 tsp chopped fresh parsley
1 1/2 tsp flour	3/4 cup half & half	
White pepper to taste	1/4 tsp salt	

Sauce recipe serves 4. Increase ingredient amounts accordingly for persons being served. Filets may be broiled. Broil 4 to 5 minutes on each side depending on how done you want the steak.

### WIENER SCHNITZEL

1. Thaw 4 oz. Veal slices completely.
2. Pound Veal slices until wafer thin.
3. Combine 1/2 cup flour or bread crumbs, 1/4 teaspoon salt, and 1/4 teaspoon seasoned pepper.
4. Coat both sides of veal slices with flour mixture.
5. Heat 3 tablespoons oil or butter in skillet.
6. Brown both sides of veal.
7. Cover and simmer for approximately 5 to 10 minutes.
8. Serve with fried potatoes and wilted lettuce.

### VEAL SLICES OVER NOODLES

1. Thaw 4 oz. Veal slices completely.
2. Dip each Veal Slice in Italian Bread Crumbs.
3. Melt 3 tablespoons butter in skillet and brown both sides of veal slices. Remove slices from skillet.
4. Add a tablespoon of butter to skillet drippings.
5. Sauté 1 small green pepper, 1 small onion, 1 clove garlic (minced), and 1 can Italian tomatoes (chopped).
6. Simmer for approximately 15 minutes.
7. Add Veal slices, simmer for approximately 30 minutes.
8. Add 1 cup sliced mushrooms the last few minutes.
9. Serve over noodles.

### VEAL T-BONES

Broiling:

1. Completely thaw 5 oz. T-Bones.
2. Sprinkle seasoning salt on each side of T-Bones. Let stand for about 15 minutes.
3. Place Veal T-Bones on broiling rack.
4. Broil 5 oz. near heat for 2-3 minutes per side.

Broil 12 oz. for 6-8 minutes further from heat.

Charcoal Grill: (1) Thaw T-Bones completely. (2) Marinate T-Bones in Italian dressing or use your favorite marinade. (3) Marinate for approximately 2-3 hours. (4) Light charcoal and let burn for 20-30 minutes to achieve proper grilling temperature. (5) Place over medium to hot coals and broil approximately 6-8 minutes per side for 12 oz. T-Bones, 2-3 min. for 5 oz. T-Bones.

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