

Stuffed Breast of Veal

Oscar · 28/09/2024



Prep Time

15

Difficult

Medium

Servings

1 veal breast

Description

This is a really old fashioned recipe that is really a Jewish eastern European dish We serve this for holidays and on the Sabbath It is really impressive looking and the taste is amazing My family loves this Once you get the hang of it its really easy to make

Ingredients

- - ¼ cup vegetable oil - 1 cup sliced mushrooms - 1 cup grated carrot - 1 cup chopped celery - 1 cup chopped onion - 2 cloves garlic
- minced - ¼ cup chopped fresh parsley - 2 eggs - ½ cup water
- or as needed - salt and pepper to taste - 8 cups cubed white bread - 5 pounds veal breast - 1 teaspoon paprika - ½ teaspoon onion powder - ¾ teaspoon garlic powder - salt and pepper to taste

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Heat vegetable oil in a large skillet over medium-high heat. Stir in the mushrooms
2. and cook for 1 or 2 minutes until they begin to soften. Add the carrot
3. celery
4. and onion; cook and stir until the carrot begins to soften
5. 5 to 10 minutes. Turn the heat off
6. and stir in the garlic and parsley; set aside. Beat the eggs and water with salt and pepper in a large bowl. Fold in the bread cubes until they absorb the egg mixture
7. then fold in the cooked vegetables; set aside. Cut a deep pocket into the veal breast with a long
8. narrow knife. Stuff the veal with the bread and vegetable mixture
9. and season with paprika
10. onion powder
11. garlic powder
12. salt
13. and pepper. Place onto a roasting pan
14. and cover loosely with aluminum foil. Bake in preheated oven for 3 1/2 hours
15. then remove the foil
16. baste with pan drippings
17. and continue cooking 30 minutes more. When done
18. tent with aluminum foil
19. and allow the veal breast to rest for 15 minutes before slicing.