

# Veal and Mushroom Stew



## Ingredients:

9 tbs unsalted butter  
 2 lbs veal – cut into 1 inch cubes  
 5 tbs flour  
 2 tsp paprika  
 1 ½ tsp coriander  
 Salt and pepper to taste  
 3 C seeded and diced plum tomatoes  
 2 C chicken broth  
 1 ½ C yellow onions, cut in half and then in slivers  
 12 large whole shallots, peeled  
 2 cloves of garlic, peeled and finely minced  
 ¼ C chopped Italian parsley plus 1 Tbs for garnish  
 1 Tbs dried tarragon  
 Grated zest of one orange  
 ½ lb firm white mushrooms, cut in half  
 ½ C heavy cream

## Preparation:

Preheat oven to 350 degrees.

Melt four tablespoons of the butter in a heavy flameproof casserole. Add veal and cook on top of stove, turning frequently (do not brown) over low heat.

In a small bowl, stir together 2tbs flour, the paprika, coriander, salt and pepper. Sprinkle this mixture over the veal and cook over low heat, stirring for an additional 5 minutes. Do not let the veal brown.

Add 2 cups of diced tomatoes, chicken broth, onions, shallots, garlic, ¼ C parsley, tarragon and orange zest. Bring to a boil on the top of the stove. Cover and bake in the oven for 1 ¼ hours or until veal is tender.

While stew is baking, melt 2 tbs of butter in a skillet. Quickly sauté mushroom halves until golden. Reserve.

Remove stew from oven and pour thru a strainer place over a bowl. Reserve stew and cooking liquid separately.

Return casserole to medium heat on top of stove and melt remaining 3 Tbs butter in it. Sprinkle in remaining 3 Tbs flour and cook over very low heat, whisking constantly, for 3 minutes.

Whisk reserved cooling liquid slowly to casserole. Simmer stirring constantly for 5 minutes. Whisk in cream and adjust seasoning to taste. Return veal stew to the casserole. Gently stir in the remaining cup of tomatoes and reserved mushrooms. Simmer 5 minutes to heat through. Transfer to a deep serving dish, sprinkle with the remaining parsley and serve at once.

**Pairs well with Milbrandt Vineyards 2007 Traditions Syrah.**

## Winemaker's Notes

We added a dash of Petite Sirah to our Traditions bottling to create a dark, dense, complex wine with jammy fruit and layers of spice and berries.

