

Mrs Greenkeeper's Own Corner

with Ann Mawson

Veal is in season now; like all meat from a young animal the flesh should be a delicate pink shade, and the fat pearly white.

Veal Cooked in Wine

1 small turnip, 2 sticks of celery, 1 small carrot, 1 tablespoonful of chopped parsley, a few sprigs of cauliflower, $\frac{1}{2}$ cup of white wine, 1 cupful of water, 1 tablespoonful of cornflour, butter to fry, pepper, salt, 1 lb of fillet of veal.

Slice the fillet into four neat cutlets and beat a little to tenderise them. They should be about half an inch thick. Season with pepper and salt, fry in the butter to a light brown. Take out the meat and put aside on a warm dish. Stir the cornflour into the butter, and when smooth, add the white wine and water. Add the cauliflower sprigs, the root vegetables cleaned and cut up very small, also the parsley, add the veal and cook all together gently for half an hour. Test for seasoning and if necessary adjust. Serve all together in a good deep dish.

To serve three to four people.

Curried Veal Cutlets

1 lb. of veal fillet, beaten egg, little curry powder, breadcrumbs, 1 oz. of butter.

Cut the fillet into small handy pieces for serving, beat it to tenderise and dip the pieces into the beaten egg. Sprinkle a little curry powder on to the breadcrumbs and roll the fillets in this. Press them slightly to make them stick; fry in the ounce of butter, over a very gentle heat, and keep on a hot dish.

Sauce to Serve with the Cutlets

$\frac{1}{2}$ pt of stock, 1 dessertspoonful of curry paste, 1 dessertspoonful of ground rice, 1 sour apple, 1 oz of butter, 2 large onions.

Slice the onions and cook them in

the butter but do not let them brown. When they are soft add the sour apple that has been peeled, cored and put through the mincer. Cook until the apple is tender. Rub all through a sieve. Mix the pulp with ground rice and the curry paste, and lastly add the stock very gradually. Simmer together for about 15 minutes. Now the sauce is ready to pour over your cutlets.

To serve three to four people.

Veal Mould

1 lb of cold cooked veal, 4 oz of lean bacon, 1 teaspoonful of grated lemon rind, small pinch of ground nutmeg, salt, pepper, little stock, little butter.

Mince the cold veal, also the bacon (uncooked), and put into a basin; mix well and add the lemon rind and the seasonings. Moisten with a little stock and pack into a fireproof buttered dish. Bake in a very moderate oven, as a quick oven would dry it up too much. Drain off any fat and leave to get cold. Turn out and serve with salad.

To serve three to four people.

Ham and Veal Pie

1 lb fillet of veal, 2 oz. of cooked ham, 2 hard-boiled eggs, pinch of dried herbs, pepper, salt, 1 teaspoonful of chopped parsley, 1 gill of stock, $\frac{1}{2}$ lb of puff pastry, beaten egg.

Cut the fillet into neat small pieces, slice the ham and the hard-boiled eggs. Arrange the veal, ham and egg in alternate layers in a piedish, seasoning to taste, sprinkle with the herbs. Pour in the stock and cover with the puff pastry, decorate with leaves and brush over with the beaten egg. Bake in a moderate oven Mark 4 or 360° F.

To serve four to five people.

—Until March . . .