

Braised Veal Cubes with Olives and Red Onions



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Light veal casserole makes an elegant supper for 4. Flavoured with garlic, sundried tomatoes, olives and Madeira wine for a Mediterranean feel.

Ingredients

1 lb. lean veal shoulder cubes

Salt and freshly milled black pepper

2 tablespoons olive oil

1 large red onion, peeled and sliced

2 garlic cloves, peeled and finely chopped

2 tablespoons sun-dried tomato paste or 25g/1oz sun-dried

tomatoes in oil, drained and finely chopped
4 floz Madeira wine
 $\frac{3}{4}$ – 1 pint good, hot beef stock
1 – 2 tsp dried mixed herbs
1 – 2 oz pitted green olives, roughly chopped
Freshly chopped flat-leaf parsley, to garnish

Method

1. In a large bowl season the veal cubes. Meanwhile, heat half the oil in a large non-stick frying pan under a medium heat and cook the veal cubes for 2-3 minutes in batches until brown. Transfer to a large 2 pint casserole dish.
2. Heat the remaining oil in the frying pan and cook the onion and garlic for 2-3 minutes until soft. Spoon into the casserole dish.
3. Add the remaining ingredients to the casserole dish. Bring to the boil, reduce the heat, cover and simmer on the hob for $1\frac{1}{2}$ hours.
4. Garnish with the parsley and serve with pasta or rice and seasonal vegetables.

Prep

- Prep: 20 Minutes
- Cook: 2 Hours

Source: Simply Beef and Lamb (4 servings)