

Veal Roast and Noodles with Velvety Sauce

- 1 boneless veal shoulder blade roast (1 lb 8oz)
- 2 small carrots, finely chopped
- 4 celery stalks, finely chopped
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 1/2 T olive oil
- 4 sprigs fresh thyme, stems removed, 2 more sprigs as garnish
- 2 c broth
- 1/2 c dry white wine
- 1/4 c T tomato paste
- yellow peel of a lemon
- 1 t sea salt
- freshly ground black pepper
- 10 oz cooked egg noodles

Preheat oven to 350F. In a Dutch oven, combine vegetables, 1 tablespoon of olive oil and thyme. Lay the veal on top of the vegetables and season with 1/2 tablespoon of olive oil salt and pepper. Roast uncovered for 30 minutes.

In a small pot, simmer broth, wine, tomato paste and lemon peel. Pour the broth over the veal and cook covered 90 minutes more.

Remove the veal and cut off the string. Slice the meat 1/2-inch thick. Remove large strips of lemon rind, then purée the vegetables and broth. In individual shallow bowls, divide the hot puréed broth, fold in the noodles, then lay the meat on top. Add salt and pepper to taste and garnish with thyme leaves. Serve with a green salad and a glass of white wine for a perfect fall dinner. Serves 4.

Jittery Cook