

## Stuffed Veal Roast

The Detroit Institute of Arts Reserved Recipes

1 4-pound veal shoulder, trimmed of bone and cartilage  
10 slices of white bread  
1 small and 1 medium onion, minced (keep separate)  
1/2 cup of unsalted butter  
1 cup watercress, minced  
7 sprigs of Italian flat leaf parsley, minced  
1 teaspoon of kosher or sea salt  
1 teaspoon of freshly ground black pepper  
1/2 teaspoon of rosemary  
2 carrots, minced  
2 stalks of celery, diced  
1 cup of beef consomm'e

Flatten the meat to form a rectangle approximately 1/2 thick and set aside. Place the bread slices in a blender or food processor, process into fine crumbs, and set aside.

In a skillet, saut'e the small chopped onion in the butter. Transfer to a small bowl, add the bread crumbs, watercress, and seasonings, and mix thoroughly. Spread the stuffing evenly over the flattened veal shoulder. Starting at either end of the rectangle, roll the meat and tie securely in several places with cook's twine.

In the bottom of a baking pan combine the carrots, celery, and medium onion. Place the veal roll on top of the vegetables and add the beef consomm'e. Cover the pan, bake at 350F for 1 hour, remove the cover, and bake an additional 30 minutes. Transfer the veal to a platter, remove the strings, and slice thinly. Serve hot with gravy on the side or chilled.