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Veal Stew with Potatoes Spezzatino di Vitello

INGREDIENTS:

- 1 lb. Veal, cut in small chunks
- 4 TBSPs extra virgin olive oil
- 1 medium onion, chopped
- 1 celery stalk, diced
- 2 medium carrots, diced
- 4 large potatoes, cut into chunks
- 1 qt container beef broth
- 3 Oz white wine
- 3 TBSPs flour
- Salt and pepper to taste
- Chopped parsley, optional

NONNA'S TIPS

- You should not need to add more salt to the stew because broth tends to be savory. Beef broth is richer and goes well with this recipe but you can use chicken or vegetable broth if you want.
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- If you can't find veal, substitute with either beef or pork loin. Just make sure to cut in small chunks.
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- The stew should not be dry so make sure to monitor the liquid in the pot. Add some hot water if broth evaporates too quickly.

DIRECTIONS

- Pour olive oil in a medium Dutch oven.
- Place over medium-low heat.
- Add chopped onion, celery and carrots to the pan and sauté until vegetables are soft.
- Meanwhile, sprinkle flour, a little salt and pepper over veal and mix to coat.
- Add veal to vegetables and stir often to avoid sticking.
- When veal is seared, add wine, stir and cover pot.
- Wait until wine has evaporated and add broth and potatoes.
- Stir well and cover.
- Cook on low heat, stirring often, for about 35 to 40 minutes or until potatoes are fork tender.
- If liquid has evaporated, add some hot water.
- Adjust seasoning before serving with a sprinkle of chopped parsley.
- Serves 4.

