

# Ashkenazic Stuffed Veal Breast (Gefüllte Kalbbrust)

Recipe By Gil Marks



Cooking and Prep:  3  
h 15 m

Serves:  8

Contains:  

**Preference:** Meat

**Difficulty:** Medium

**Occasion:** Rosh Hashanah,  
Shavuot

**Source:** OU Kosher

**Cuisines:** Ashkenazi

This moist, tender, and once relatively inexpensive cut of veal is a holiday favorite in Ashkenazic communities. Only the smaller seven ribs have sufficient meat to make a pocket, so the bones after the seventh rib are sometimes removed.

It is easiest to have your butcher make a pocket in your veal breast. To cut a pocket, place the veal meat side up on a flat surface and, using a sharp, thin knife, cut a slit along the widest side of the breast, as close to the ribs as possible.

Check out our complete collection of [Rosh Hashanah recipes](#) for mains, sides, soups, desserts, and more inspiration for the holiday.

## Ingredients (9)

### Main ingredients

5 to 8 pound veal breast, cut with a pocket; bones between the ribs cracked

- salt, to taste
- ground **Gefen Black Pepper**, to taste
- 1 recipe **bread stuffing**
- 4 medium carrots, cut into 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 3 large potatoes, cut into chunks
- 1 large onion, cut into chunks

---

### Sommelier Suggests

- Domaine Ternynck Pinot Noir**
- 

## Start Cooking

### Prepare the Veal

1. Preheat the oven to 400 degrees Fahrenheit.
2. Wash the veal and pat dry. Sprinkle the outside of the veal and inside the pocket with salt and pepper. Loosely fill the pocket with the stuffing and sew up or secure with skewers. Brush the veal with the oil.
3. Spread the vegetables in the bottom of a shallow roasting pan and place the veal on top. Or place the veal on a rack in the pan. Roast for 30 minutes.
4. Reduce the heat to 325 degrees Fahrenheit and continue cooking until the meat is fork tender and a meat thermometer registers 175 degrees Fahrenheit in thickest portion, about two hours or 25–30 minutes per pound. Let the meat stand at least 15 minutes before carving.

#### Note:

Serve warm or at room temperature.

#### Variation:

- **Garlic Veal Breast:** Rub the veal with garlic or cut slits all over the meat and insert little pieces of garlic.
- **Braised Veal Breast:** After roasting for 30 minutes, add 1 cup dry white wine or water, cover, and cook until tender.
- **Honey-Glazed Veal Breast:** After cooking for 2 hours, uncover, combine 1 cup orange juice and 1/4 cup honey, and brush over the veal.