

Handmade Veal Shoulder Roll

Recipe By Chavi Feldman



Cooking and Prep:  10
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Serves:  10

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Low Fat

Source: Family Table by
Mishpacha Magazine

I've always shied away from making veal roast due to its tendency to have lots of hidden fat. When I asked my local butcher to get me a cut that's guaranteed not to be fatty, he wagged his finger at me and said with a knowing smile, "I know what you want..." He sliced open the meat, cut out all the fat, and rerolled it, calling it his "handmade shoulder roll." We all enjoyed the finer texture, smoother flavor, and tenderness of the veal, without all of the fat! A special shout-out to Raquel for her help with this delicious end result!

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

Ingredients (11)

Main ingredients

4–5 pounds (2 kilograms) veal shoulder roast

salt, to taste

- pepper, to taste
 - oil, for drizzling
 - 4 tablespoons MSG-free onion soup mix
 - 1 teaspoon dried rosemary
 - 2 tablespoons canola oil
 - 2 large Spanish onions, diced
 - 16 ounces (450 grams) baby portobello mushrooms, sliced
 - 1/2 cup **Baron Herzog Chenin Blanc** or other white wine
 - 1/4 cup water
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Start Cooking

Prepare the Veal

1. Season the veal generously with salt and pepper. Drizzle with oil and rub the onion soup mix and rosemary all over the sides of the roast. Set aside.
2. Preheat oven to 350 degrees Fahrenheit. In a large frying pan over medium-high heat, warm the canola oil. Add the onions and mushrooms, sautéing over medium-high heat until softened and lightly browned, about eight to 10 minutes.
3. Pour the wine and water into a large roasting pan. Add the veal and pour the mushrooms and onions over the top. Cover tightly with foil. Bake for three and a half to four hours or until meat is very soft when inserting a fork in the center of the roast.
4. Allow to cool and then place in the refrigerator overnight, or until meat is cold and firm. Transfer the veal to a cutting board. Using an electric or sharp knife and working against the grain, cut the veal into thin slices. Place the veal back into the pan and into the gravy. Veal can be frozen at this point and reheated before serving.

To Serve

1. Arrange the slices on a platter and surround with the mushrooms and onions. Spoon the cooking juices over the top.

Credits

Photography: Hudi Greenberger

Food and Prop Styling: Janine Kalesis