

Food.

LEMON HERB VEAL STEW (CROCK POT)

Recipe by AmandalnOz

From Slow Cookery. Use boneless veal shoulder or leg. Serve with pasta and nutmeg dusted baby carrots. If you have a newer model slow cooker, then the cooking time will be shorter (5-6 hours).



READY IN: 8hrs 20mins

SERVES: 8

UNITS: US

INGREDIENTS

- 1 leek, thinly sliced (white and pale green parts only)
- 3 garlic cloves, pressed
- 1 tablespoon dried tarragon
- ½ teaspoon lemon zest
- ½ teaspoon dried thyme
- ½ teaspoon white pepper
- ¼ teaspoon dried sage
- 2 ½ - 3 lbs veal, trimmed of fat, cubed
- ⅓ cup all-purpose flour

- $\frac{3}{4}$ cup dry white wine
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon cornstarch
- $\frac{1}{4}$ cup whipping cream
- salt

NUTRITION INFO	
Serving Size: 1 (198) g	
Servings Per Recipe: 8	
AMT. PER SERVING	% DAILY VALUE
Calories: 283.8	
Calories from Fat 112 g	40 %
Total Fat 12.5 g	19 %
Saturated Fat 5.7 g	28 %
Cholesterol 126.4 mg	42 %
Sodium 123.3 mg	5 %
Total Carbohydrate 8.8 g	2 %
Dietary Fiber 0.5 g	2 %
Sugars 0.9 g	3 %
Protein 28.6 g	57 %

DIRECTIONS

In a 3 quart or larger slow cooker, combine leek, garlic, tarragon, lemon zest, thyme, white pepper and sage.

Coat veal cubes with flour, then add to slow cooker.

Pour in wine and lemon juice.

Cover and cook on low until veal is very tender when pierced (7-8 hours).

In a small bowl, mix cornstarch and cream. Blend into stew.

Increase cooker to high. Cover and cook, stirring 2 to 3 times, until sauce is thickened (about 15 minutes).

Season to taste with salt.

Garnish with fresh tarragon and lemon slices.