

VEAL AND CAPER

Stew

4 servings

1½ lbs	cubed boneless veal	700 g
1 cup	all-purpose flour	250 mL
2 tbsp	PASTENE Pure Olive Oil	30 mL
2	garlic cloves, minced	2
1	red onion, finely chopped	1
½ tsp	dried oregano	2 mL
1 cup	dry white wine	250 mL
1 cup	PASTENE Diced Ready Spiced Tomatoes	250 mL
1 tbsp	chopped fresh basil	15 mL
¼ cup	PASTENE Capers in Vinegar, well drained	60 mL
1	envelope of demi-glace or brown gravy mix	1
	salt and pepper	

- Coat veal with flour. In an ovenproof skillet, heat olive oil over medium heat and cook veal for about 8 minutes, stirring occasionally, to brown on all sides. Add salt and pepper to taste.
- Add garlic, onion and oregano. Mix well and continue cooking for 5 minutes.
- Add wine and cook over medium-high heat for 4 minutes. Add tomatoes, and cook for 5 minutes at medium heat.
- Meanwhile, preheat oven to 350°F (180°C).
- Add basil and capers to veal mixture, then add demi-glace or gravy mix (dissolved according to package directions). Mix well and simmer for 5 minutes.
- Put skillet in oven and cook 1 hour. Serve with vegetables or rice.

