



Serving suggestions

MARINADE MIX

HERB VEAL ROAST

Serves 6

- 1-1.25kg boneless veal shoulder or leg roast
- 1 tablespoon DRY-IT Marinade Mix
- 2 garlic cloves, minced
- 6 onions, peeled
- 750g each lg. carrots & parsnips, peeled & quartered lengthwise
- 1/2 cup dry white wine
- 1/2 cup reduced fat sour cream at room temperature
- 2 cups water

1. Combine marinade mix and garlic; rub over veal roast. Place roast, fat side up, on rack in shallow roasting pan. Do not cover. Do not add water. Roast in slow, 170 degree, oven about 1 hour and 30 minutes.
2. Meanwhile, bring 2 cups water and vegetables to boil; reduce heat, cover and simmer 10 minutes. Drain; arrange around roast during last 15 minutes of cooking time.
3. Transfer roast and vegetables to warm platter; let stand while preparing sauce. Drain fat from pan; add wine scraping to loosen browned bits from bottom.
4. Cook over medium high heat for 3 minutes. Remove from heat. Stir in sour cream and just heat through.
5. Serve carved roast with vegetables and sauce.



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