



Veal Casserole with orange

4-6 veal chops/cutlets or neck chops
100 g speck diced
1 onion, chopped
4 cloves garlic finely chopped
150 grams mushrooms finely chopped
Olive oil or butter
4 slices good quality stale bread
3 tablespoons chopped fresh herbs – thyme, parsley, marjoram, lemon thyme
Salt and pepper
2 oranges – juice of both and zest of one
1-1/2 cups milk

Sauté the bacon and onion in the oil or butter until just softened, then add the mushrooms and sauté lightly. Put in a large bowl and add the bread reduced to coarse breadcrumbs, chopped herbs and orange zest and mix lightly – it will be a fairly dry mix.

Put a bit less than half the breadcrumb mix on the bottom of a greased wide shallow casserole dish. Put in the veal chops and season, then scatter the rest of the breadcrumb mix on top. Gently pour the orange juice over the whole surface ensuring as much as possible of the surface is moistened. Cover and refrigerate for a few hours, or overnight.

When ready to cook, gently pour the milk over the dish. Cover and bake in a moderate oven for 1 ½ to 2 hours. Serve with jacket potatoes and a green leafy vegetable or follow with a salad.

