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HUFFPOST TASTE

Braised Breast of Veal with Carrots and Thyme

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New Media Publishing / Photography: Flat Art Studios.com /
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2 hr 30 mins total 25 mins prep 633 calories/serving [Full Screen](#)

 Servings

Once you have tasted the rich tender meat from the veal breast you will wonder why it is such an inexpensive cut of meat. There are layers of fat and cartilage between the layers of meat, which make it less popular, but they are the reason it braises so well. White wine balances the richness of the meat while carrots and thyme compliment its subtle flavor.

Ingredients

- 1 3-pound breast of veal
- 1/2 teaspoon fine salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1 cup thinly sliced shallots (3 to 4 large)
- 1 tablespoon unsalted butter
- 1 1/2 cups white wine, divided
- 6 large sprigs fresh thyme
- 1 pound carrots, sliced diagonally into large pieces

Directions

- Preheat oven to 350°F with rack in middle position.
- Pat veal dry and season with salt and pepper. Heat oil in a wide shallow pot (with tight fitting lid) over medium heat until it shimmers. Brown veal on all sides, turning with tongs, about 8 minutes. Transfer veal to a plate and add shallots and butter to pot. Cook, stirring, until shallots are wilted, about 3 minutes. Add 1/2 cup wine and cook, stirring and scraping up brown bits, 1 minute.
- Return veal to pot and scatter with thyme sprigs. Cover tightly and braise in oven 45 minutes. Pour another 1/4 cup wine around veal, baste meat with sauce, and continue to braise, covered, 45 minutes. Add 1/2 cup wine and baste meat with sauce. Scatter carrots around veal and continue to braise, covered, until veal and carrots are tender, 30 to 45 minutes more.
- Transfer veal to a platter and surround with carrots. Cover to keep warm and let rest 10 to 15 minutes (it can rest in turned off oven with door ajar). Meanwhile, spoon off some of fat from sauce in pot, then add remaining 1/4 cup wine and boil, whisking, 1 minute. Season with salt and pepper to taste and serve with veal.
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