

APPLE'S WEEK

VEAL AND APPLE STEW

Ingredients (for 4 people)

2.5 kg boned shoulder of veal
8 onions
2 carrots
1 bouquet garni
750 g button mushrooms
80 g peanut oil
3 tbsp flour
1 l veal stock
3 dl (or 3 small glasses) cider
1.5 kg apples
Salt, pepper

Preparation:

Cut the meat into large cubes.

Brown in the oil in a large stewing pot with the onions cut into quarters and carrots sliced into rounds.

Add the mushrooms cut into quarters. Sprinkle with flour and let it get brown.

Pour in the cider and scrape the bottom of the pan, then add the veal stock.

Cover and leave to simmer for about 1 hour and 20 minutes.

Add the apples cut into quarters and cook for another 30 minutes.

Adjust the seasoning.

Serve in the casserole pot.

