

APPLE'S WEEK

VEAL AND APPLE STEW



Ingredients (for 4 people)

- 2.5 kg boneless veal shoulder
- 8 onions
- 2 carrots
- 1 bouquet garni
- 750 g button mushrooms
- 80 g peanut oil
- 3 tbsp wheat flour
- 1 l white veal stock
- 3 dl (or 3 small glasses) of cider
- 1.5 kg apples
- Salt and 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.

