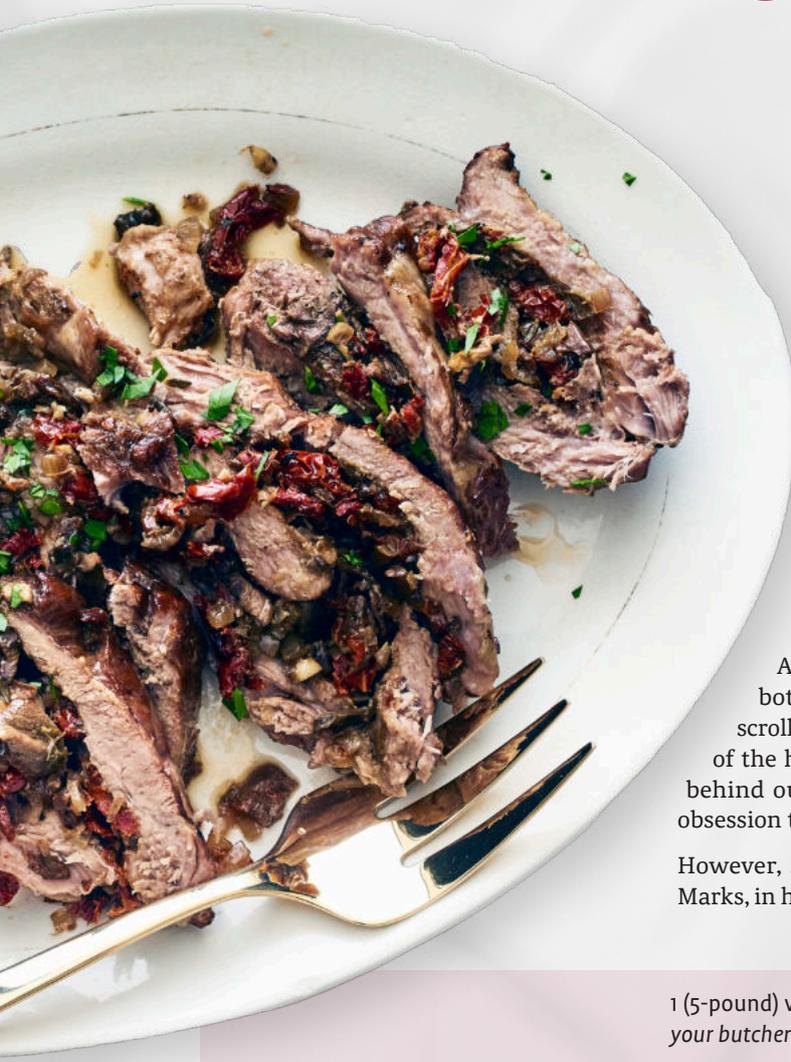




FOOD FROM ISRAEL

Stuff It, Roll It, Serve It on a Plate

Jamie Geller



Braised Stuffed Veal Breast with Porcini Mushrooms

Ingredients

- 2 ounces dried porcini mushrooms
- 4 ounces sun-dried tomatoes
- 2 cups chicken broth
- 3 shallots, *minced*
- 8 garlic cloves, *minced*
- Extra virgin olive oil

1 (5-pound) veal breast, butterflied (*have your butcher do this*)

Kosher salt

Freshly ground black pepper

1 cup white wine

Bouquet garnish: several thyme sprigs, parsley stems, bay leaf tied to celery rib

Preparation

1. Preheat oven to 350°F (176°C)
2. Soften porcini mushrooms and sun-dried tomatoes by simmering in one cup chicken broth for 10 minutes. Cool and coarsely chop mushrooms and tomatoes. Reserve mushroom-tomato broth.
3. Heat a Dutch oven or sauté pan lightly coated with extra virgin olive oil. Sauté

(Wiley, 2010), writes: "...stuffed vegetables, filled pastas, filled pastries and filled pies, all symbolizing plenty, are commonplace on Sukkot tables."

While I loathe to be wrong I am happy to know that the stuffed, filled and overflowing foods are an allusion to plenty!

Stumped with what to serve on Sukkot, Hoshanah Rabbah and Simchat Torah? just stuff it and you're all good!

Simchat Torah, the last day of Sukkot, is the celebration of the conclusion of the annual cycle of Torah readings, at which point we immediately start the cycle again with the reading of *Bereishit*...

And so I always thought that both the shape of the Torah scroll and the cyclical celebration of the holiday were the reasoning behind our stuffed and rolled food obsession this time of year.

However, Jewish Food Historian Gil Marks, in his *Encyclopedia of Jewish Food*

Jamie Geller influences millions every day. Known as the "Jewish Rachael Ray" (*The New York Times*), and the "Queen of Kosher" (CBS) seven-time bestselling author Jamie Geller is the Founder and CEO of Kosher Network international (KNI), the number one Global Kosher Food Media Company, featuring over 10,000 recipes and the viral @jewishbyjamie how-to videos with 1 billion views. @jamiiegeller / JamieGeller.com

shallots, garlic, and mushroom mixture for just two minutes. Transfer to a bowl and cool briefly.

4. Spread open veal and season with salt and pepper. Spread mushroom mixture over veal. Roll veal up and tie in several places.

5. Heat the same pan as was used for browning garlic, lightly coated with extra virgin olive oil. Brown veal on all sides until golden. Add the mushroom broth, remaining one cup chicken broth, wine, and bouquet garni and cover.

6. Braise at 350°F (176°C) for two hours. Uncover and continue cooking 15 minutes more until tender.

7. Transfer veal to cutting board and loosely tent with foil for 15 minutes. Slice and arrange on a platter. Serve with pan juices.