

VEAL PAPRIKA

Equipment:

Measuring Spoons
Measuring Cup
2 Qt. Casserole Dish with cover
Microwave safe plastic bowl with cover
Wire Whip
Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 lb. boneless veal, cut into 500 g
1" (2.5 cm) cubes
1/2 lb. fresh mushrooms, sliced 250 g
1 cup chicken broth, divided 250 ml
1 large onion, finely chopped 1
2 tsp paprika 10ml
1/2 tsp salt 2 ml
1/4 tsp pepper dash caraway seeds 1ml
3 tbsp flour 50 ml
1/2 cup sour cream 125 ml

Procedure:

1. In a 2-quart (2 L) casserole, combine veal, mushrooms, 1/2 cup (125 ml) broth, onion, paprika, salt, pepper and caraway.
2. Cover with lid.
3. Cook at **P7** 3 minutes and at **P4** 15 - 21 minutes; stir occasionally.
4. **To Complete:** Blend flour with remaining 1/2 cup (125 ml) broth until smooth.
5. Stir into dish.
6. Cook at **P7** 2 - 3 minutes, or until sauce is thickened.
7. Blend in sour cream.

Chefs Tip:

For added flavor, the meat could be browned in a pan prior to adding it to the dish.
Any meat could be substituted if folks don't prefer Veal.