

Show 25: Veal Voila

Cold Cucumber Mint Soup

3 cucumbers, peeled, seeded and chopped
1 Cup plain yogurt
2/3 cup sour cream
½ teaspoon English-style dry mustard or Dejon
¼ cup chopped fresh mint leaves
Mint sprigs for garnish

In a blender, puree chopped cucumbers, yogurt, sour cream, mustard and salt & pepper to taste. Chill soup at least 6 hours or overnight.

Option: stir in finely chopped diced cucumber and garnish soup with cucumber slices and mint sprigs

Makes about 4 ½ cups.

Veal Piccata

For the veal

2 # veal cutlets (also called scallopini; ¼" thick)
¾ teaspoon salt
½ teaspoon black pepper

For the sauce

1 ¼ cups low-fat chicken broth
1/3 Cup dry white wine
1 T all-purpose flour
2 T water
1 T unsalted butter
1 T fresh lemon juice
2 T chopped fresh flat-leaf parsley

Make Sauce:

Boil stock & wine in a 2 to 3- quart heavy saucepan until reduced by about half (to about ¾ cup), about 3 minutes. Whisk together flour and water in a cup, then whisk into stock. Boil, stirring, 1 minute, then remove from heat and stir in butter, lemon juice, and salt and pepper to taste. Keep sauce warm.

Prepare veal:

Cut veal into 3-inch pieces, then pat dry with paper towels. Lightly oil pan and heat over high heat until just smoking.

While pan is heating, sprinkle veal with salt and pepper. Grill veal in batches, without crowding until browned, about 30 seconds on each side. Transferring with tongs to a platter.

Stir parsley into warm sauce and pour over veal.

Note: if the uncooked cutlets are more than ¼" thick, pound to 1/8" thick between 2 sheets of plastic wrap with a rolling pin.

Pasta with Capers, Garlic & Sun Dried Tomatoes

¾ pound short spiral pasta (or your choice)
6 T drained capers
4 garlic cloves, finely chopped
½ Cup extra-virgin olive oil
¼ cup chopped fresh parsley leaves
Sun dried tomatoes, either from a jar or bag packaged
freshly grated parmesan if desired

Make pasta according to package directions

While pasta is cooking, in a large heavy skillet cook garlic in oil over moderate heat, stirring, just until pale golden, about 2 minutes. Stir in capers, parsley and tomatoes. Stir and cook together until the garlic is golden.

Drain pasta and transfer to a heated large bowl. Pour sauce over pasta and toss to combine.

Serve with Parmesan

The Ultimate Carrot Cake

1 package Betty Crocker Super Moist carrot cake mix
½ cup vegetable oil
4 eggs
1 can (8 oz.) crushed pineapple in juice, undrained
½ cup chopped nuts
½ cup shredded coconut
½ cup raisins

Cream Cheese Frosting

1 package (8 oz.) cream cheese, softened
¼ Cup butter or margarine, softened
2 to 3 teaspoons milk
1 teaspoon vanilla
4 cups powdered sugar

Beat cream cheese, butter, milk and vanilla in medium bowl on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable.

Success Hint: To cut easily, use a thin non-serrated knife. This cake is extremely moist, so test with a toothpick before removing from the oven.

Variation: If you don't have carrots, substitute ¼ cup of water.

Bake time: 8-inch pans about 35 minutes; Bake time for 9-inch pans is about 45 minutes. Cool on a wire rack for 1 hour, ten minutes, prior to frosting.