

# Smothered Veal Steak

Mildred Miller - Grassy, MO

Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*2 pounds veal steak*  
*2 tablespoons milk*  
*2 eggs, slightly beaten*  
*2 cups corn flakes, crushed*  
*oil (to fry)*  
*1 cup canned sliced*  
*mushrooms and juice*  
*1 tablespoon flour, mixed*  
*with water*  
*2 to 3 ounces sherry*  
*salt (to taste)*  
*pepper (to taste)*

## Preparation Time: 15 minutes

### Cook Time: 50 minutes

Cut the veal steak into 1/2 to 3/4 inch thick pieces.

In a bowl, combine the milk and egg. Place the crushed corn flakes in a shallow dish. Dip the veal in the milk mixture and then roll in the crushed corn flakes.

In a skillet, brown the veal in hot fat. Add the mushrooms and mushroom liquid. Cover and cook very slowly until tender. (This will take about 50 minutes.)

Thicken the gravy with flour that has been mixed with water. Add the sherry, salt and pepper. Serve with the veal steaks.

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Per Serving (excluding unknown items): 238 Calories; 8g Fat (34.2% calories from fat); 26g Protein; 10g Carbohydrate; trace Dietary Fiber; 169mg Cholesterol; 225mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 0 Fat.