
Veal Chops with Mushrooms

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 4

4 veal loin chops (1 inch thick)
1/3 cup butter or margarine
1/2 pound fresh sliced mushrooms (or 10 ounce can drained)
2 tablespoons lemon juice
1/2 cup sliced onions
1/2 clove garlic, crushed
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1 can (10-1/2 ounce) condensed beef bouillon, undiluted
2/3 cup dry white wine
1 teaspoon chopped fresh tarragon leaves (or 1/2 teaspoon dried)
1 teaspoon liquid gravy seasoning
1/2 teaspoon snipped chives
1/8 teaspoon pepper

Dry the chops with paper towels. Trim off the excess fat.

In a Dutch oven, melt the butter and brown the chops on both sides. Remove and set aside.

Sprinkle the mushrooms with lemon juice. Add the mushrooms, onions and garlic to the drippings in the Dutch oven. Saute' until golden, about 5 minutes. Remove from the heat. Remove the vegetables with a slotted spoon and place with the meat.

Stir the flour, salt and pepper into the pan drippings until well blended. Gradually stir in the bouillon and wine. Add the tarragon, gravy seasoning, chives and pepper. Bring to a boil, stirring occasionally, then return the meat and saute'd vegetables to the Dutch oven. Reduce the heat and simmer, covered, for 30 minutes or until the chops are tender.

To serve: Remove the chops to a heated platter. Spoon the vegetables and some of the gravy over the chops. Serve the remaining gravy in a boat.

Beef

Per Serving (excluding unknown items): 197 Calories; 15g Fat (78.2% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 690mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 3 Fat.