

Veal Stew with Sage, White Wine, and Cream

THE MOST DESIRABLE cuts for an Italian veal stew are the shoulder and the shanks. Avoid the round or the loin, which are too lean for the prolonged cooking a stew requires, becoming dry and stringy.

For 4 to 6 servings

1 tablespoon vegetable oil	18 dried sage leaves
1½ tablespoons butter	⅔ cup dry white wine
1½ pounds boned veal shoulder or shank, cut into cubes of approximately 1½ inches	Salt
Flour, spread on a plate	Black pepper, ground fresh from the mill
2 tablespoons chopped onion	⅓ cup heavy whipping cream

1. Put the oil and butter in a sauté pan and turn on the heat to high. When the butter foam begins to subside, turn the veal cubes in the flour, coating them on all sides, shake off excess flour, and put them in the pan. Cook the meat, turning it, until all sides are deeply browned. Transfer it to a plate using a slotted spoon or spatula. (If the meat doesn't fit loosely into the pan all at one time, brown it in batches, but dip the cubes in flour only when you are ready to slip them into the pan.)

2. Turn the heat down to medium, and put the chopped onion in the pan together with the sage leaves. Cook the onion until it becomes colored a pale

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gold, return the meat to the pan, and add the wine, bringing it to a lively simmer while scraping the bottom and sides of the pan with a wooden spoon to loosen the browning residues. After half a minute or less, adjust the heat to cook at a gentle simmer, add salt, several grindings of pepper, and cover the pan. Cook for 45 minutes, turning and basting the meat from time to time. If the liquid in the pan becomes insufficient, replenish it when needed with 1 or 2 tablespoons of water.

3. Add the heavy cream, turn the meat thoroughly to coat it well, cover the pan again, turn the heat down to low, and cook for another 30 minutes, or until the veal feels very tender when prodded with a fork. Taste and correct for salt. Transfer the entire contents of the pan to a warm platter and serve at once.

Ahead-of-time note 🍷 Like most stews, this one can be prepared several days in advance and refrigerated until needed. Reheat it gently until the meat has been warmed through and through, either on the stove or in a preheated 325° oven. Add 2 tablespoons of water when reheating.