

# Roast Veal with Sauerkraut



## **Roast Veal Ingredients**

3 - 4 lb boneless veal roast  
6 cloves of garlic, peeled  
8 tablespoons of yellow mustard  
2 tablespoons fresh sage leaves  
1/2 teaspoon of ground black pepper  
1/2 teaspoon of ground coriander  
Salt to taste

## **Roast Veal Directions**

Rinse veal roast and pat dry with paper towel. Put mustard, garlic, sage, pepper, coriander and salt in food processor and purée until well blended. Spread purée on all sides of meat. Let it marinate for about 45 minutes. You can cover it and leave it in refrigerator overnight if desired. Preheat oven to 375°. Place roast on wire rack inside baking pan and cover loosely with foil so top doesn't burn. Bake for approximately 3 hours and remove foil. Bake another 15 minutes uncovered until top is well browned or 30 minutes if you like it charred. Remove from oven. Allow roast to sit 15 minutes before slicing. Delicious with the sauerkraut recipe below.

## **Sauerkraut Ingredients**

2 packages or large cans sauerkraut (no sugar added)  
1 large apple, cored and sliced  
1 small onion, sliced thinly  
3 tablespoons sugar free maple syrup  
2 teaspoons Splenda

## **Sauerkraut Directions**

Put sauerkraut in stockpot with its juice. Do not drain. Add apple, onion, sugar free syrup and Splenda, stirring mixture to distribute ingredients. Cover and simmer on low flame for approximately 30 – 45 minutes. Serve warm or room temperature. You may transfer to a covered baking pan to keep warm in the oven.