

Braised Boneless Shoulder of Veal  
(Or Roast from the Leg, Rump or Chuck)

3 to 5 tablespoons butter or olive oil  
1 clove garlic, lightly smashed  
1 (4-5 lb.) veal roast, boned and tied  
Salt and freshly ground black pepper  
2 cups chopped onions  
2 or 3 carrots, peeled and chopped  
2 celery stalks, chopped  
1 cup cored and chopped tomatoes (drained if canned)  
1 teaspoon minced fresh marjoram, oregano or thyme leaves or ½ teaspoon dried  
1 bay leaf  
½ cup chicken, beef, or vegetable stock, or water, plus more if needed  
Minced fresh parsley leave for garnish

1. Heat a large casserole or Dutch oven over medium-high heat for 2 or 3 minutes; add 3 tablespoons of the butter or oil and, 1 minute later, the garlic clove; cook, stirring, for 1 minute, then remove and discard the garlic. Dry the meat well; season it with salt and pepper, and put it in the casserole, turning to brown well on all sides. Do not hurry; you'll need a few minutes per side for good browning. Regulate the heat so that the fat doesn't burn but sizzles steadily.
2. Remove the roast from the casserole. If the fat has burned, pour it out, wipe out the pan, and add 2 tablespoons more. If not, simply continue. In either case, turn the heat to medium and add the onions, carrots, and celery. Cook, stirring occasionally, until softened but not browned (lower the heat if necessary), about 10 minutes. Add the tomatoes, herb, bay leaf, and salt and pepper and cook, stirring, until the tomatoes break down, 5 to 10 minutes.
3. Return the meat to the pot and pour about half the stock or water over it. Cover and turn the heat to very low. Cook, turning the meat occasionally and adding more liquid if necessary, until the meat is very tender, about 1½ to 2 hours. Remove the meat to a platter and let it rest. If the sauce is soupy, cook it over high heat, stirring and scraping the bottom of the pan, for a few minutes to reduce it somewhat; if it is dry (unlikely), add some more stock and boil it, stirring and scraping, for a minute or two longer. Slice the meat, spoon some of the vegetables and sauce over it, garnish, and serve. Pass the remaining sauce at the table.