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# **Veal Marsala**

*Helen Rucker - Florida*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**thin sliced veal, clean and dry**

**salt**

**pepper**

**1/2 cup flour**

**1/2 pound butter**

**5 cloves garlic, minced**

**1/2 pound fresh mushrooms**

**1 cup Marsala cooking wine**

In a large frying pan with a cover, heat 1/4 pound of butter (do not burn). Brown the minced garlic. Remove to a shallow baking dish.

Pat the veal, which has been lightly salted and peppered, with flour. Brown the veal slices in the same pan. Turn over for two minutes. Remove the veal to the same shallow baking dish.

In the same fry pan, add more butter and the cleaned and sliced mushrooms to brown and soften. When browned, add 1/2 cup of wine. Simmer for 2 minutes. Pour the wine and mushroom mixture over the veal slices.

Bake in a 375 degree oven for 25 minutes.

## **Beef**

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*Per Serving (excluding unknown items): 1932 Calories; 186g Fat (84.5% calories from fat); 14g Protein; 63g Carbohydrate; 5g Dietary Fiber; 497mg Cholesterol; 1888mg Sodium. Exchanges: 3 Grain(Starch); 3 Vegetable; 37 Fat.*