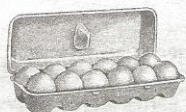




# That Good Navy Chow!



## VEAL FRICASSEE

Portion: Approx. 8 ounces

Veal, bone-in, 50 Pounds

Veal, boneless, 35 Pounds

Bacon fat or other fat, 3 Pounds, (approx. 1 ½ quarts)

Flour, 2 Pound, 8 Ounces (approx. 2 ½ quarts)

Meat Stock, (approx. 3 gallons)

Salt, 6 Ounce (approx. ¾ cup)

Pepper, ½ Ounce (approx. 1 ¾ tablespoons)

Cut meat into 1 ½ to 2 inch pieces. Add ½ the fat.

Cook in pan on top of stove, or in hot oven (400 ° F.) about 20 minutes, or until meat is well browned.

Blend together remaining fat and flour to a smooth paste.

Heat stock to boiling temperature.

Stir paste into stock. Cook until thickened, stirring constantly. Add salt and pepper.

Pour mixture over veal. Cover pan tightly.

Bake in slow oven (300 ° F.) 1 ½ to 2 hours or until tender.

Note.- Serve Veal Fricassee on or with cooked rice or cooked noodles.

### Variation

Pork Fricassee

Pork may be used in place of Veal for Fricassee.

Cook pork until browned in its own fat, and add just enough fat to combine with the flour.

Source: The Cookbook of the United States Navy, Revised 1944