

Pulled Veal Chuck Roast

Endless possibilities ...

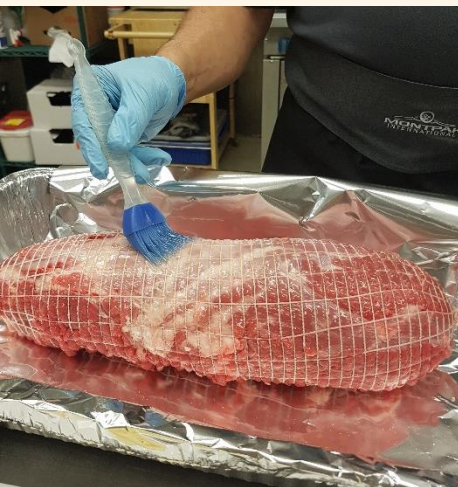


Beforehand: Defrost the frozen veal shoulder roast in the fridge overnight.

Step 1. Preheat oven to 350°F. Line a large roasting tray with a large piece of heavy aluminum foil, large enough to cover and seal the roast. Brush roast with olive oil.

Step 2. Season roast with salt, pepper, oregano, ground thyme, garlic, sprigs of rosemary. Rub roast with mix. Make sure the it is well covered with the seasoning mix.

Step 3. Add one large onion sliced into rings and 3 branches of celery cut up into 2 inch pieces.



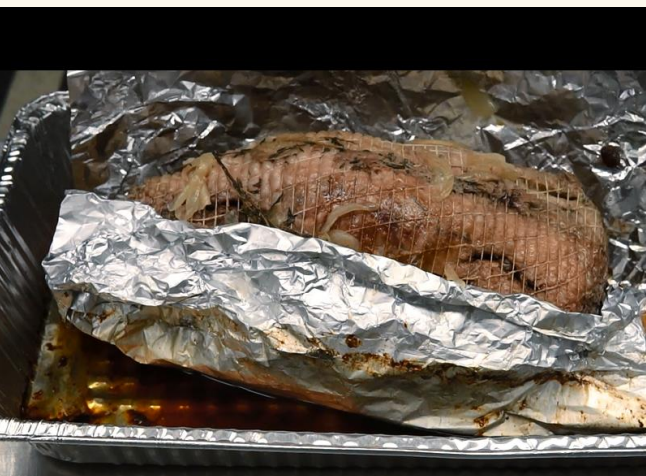
Step 4. Take the aluminum foil and roll tightly in order to enclose the roast completely.



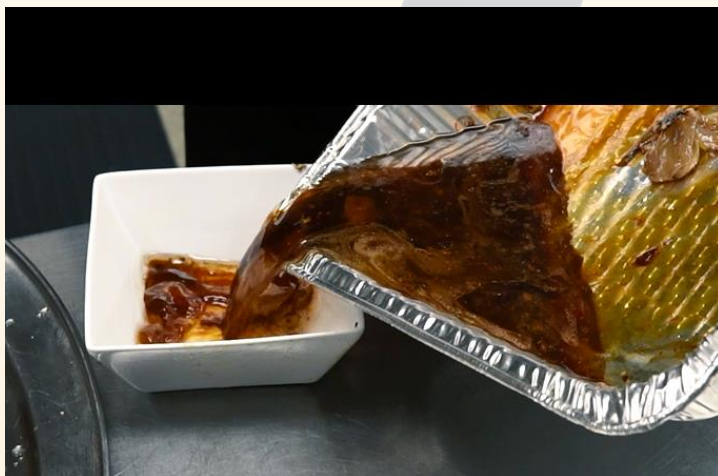
Step 5. Place roast in a pre heated oven at 350°F. Cook for approximately 4.5 hours or 30 minutes per pound for pulled veal.



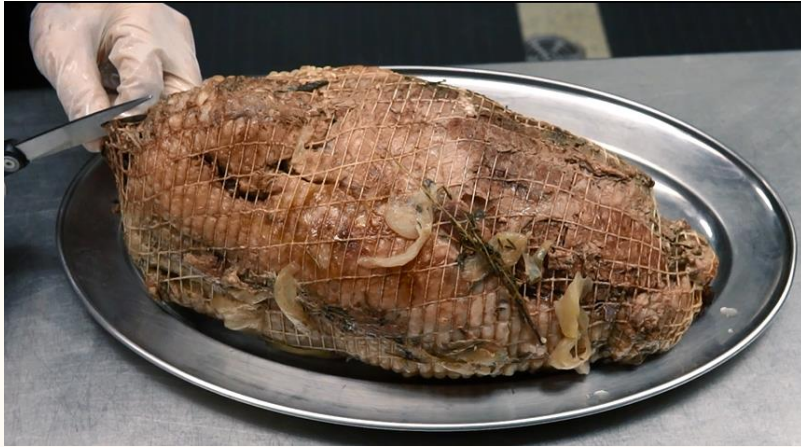
Step 6. Remove roast from the oven and let sit for 15-20 minutes before removing the foil wrap.



Step 7. Make sure you save any flavorful drippings from the pan and foil for use later. Collect the natural juices in a bowl and pour it over the shredded meat.



Step 8. With kitchen scissors cut netting and remove it completely from the roast.



Step 9. Place roast on a cutting board and cut roast into large chunks. Using a fork shred veal chunks.



Step 10. Use the flavourful drippings that were set aside and pour it over the shredded meat.



Bon appétit!

