



Serves:	7-8 people
Preparation:	15 minutes
Cooking time:	7 hours
Level:	Even I can do this

MONTY'S VEAL NECK OR SHOULDER

Long, slow, melt-in your mouth

Personally, I don't think anything beats a roasted rack of veal cutlets but there are those who vote for scallopine and others who can't go past slow braised veal neck. Whatever your fancy, veal is leaner and more delicate than beef so it's always best to err on the side of less cooking time, or go low and slow like this....

Ingredients

- A few big sprigs of fresh rosemary
- 2 juicy cloves of garlic, diced
- A goodly splash of olive oil
- 2.0 kg veal neck or shoulder
- 6 anchovies diced **THIS IS THE SECRET WEAPON**
- To taste salt and pepper

Method

- Mix up the ingredients, put the veal in a baking dish and pour the marinade over the veal, making sure to rub it in well. Cover the veal and marinate overnight on the kitchen bench. If it's the middle of summer you might choose to put it in the fridge instead.
- The next day, work out when you want to eat, subtract 7 hours and you'll know when you need to start cooking your veal.
- Heat your oven to 80 degrees.
- Make sure the marinated veal is at room temperature before you put it in the oven and cover it with a lid or foil.
- Cook for about five or six hours.
- Light the barbecue and wait til it's nice and hot.
- Take the veal out of the oven, remove the cover and whack it in the hot bbq for 10 minutes. The final barbecue stage adds flavour and finishes the outside so it's lovely and a little crisp. But if the barbecue option is too hard, you could just turn up the oven to 220, remove the cover and blast the veal for 10 minutes.
- Rest for 30 minutes and prepare to ascend to heaven.

The left overs make the best sandwiches.