

30-Minute Pasta with Ground Veal, White Wine & Pine Nuts



From *Josephine's Petite Cucina*

Italian cooking is timeless. In my family, recipes are passed from Grandmother – to Mother – to Daughter – to Son. Add in the extended family, and the meals last a lifetime!

Still, there's nothing better than the 30-minute pasta recipe. If you love veal, wine and pine nuts, you're destined to love this pasta recipe!

The Story –

If you've ever cooked for a family celebration, you often cook large quantities of a dish that you need to let set the night before. Its nights like these when you often want a simple pasta recipe – something easy and elegant and scrumptious.

Try this simple, sophisticated, light pasta recipe. Its ease, style, and flavor make it quite an exquisite treat. Pair it with a glass of Santa Margarita Pinot Grigio – this is the same flavorful wine we had on our honeymoon in Italy. We accompanied the main pasta dish with a small butter lettuce salad with dried cranberries, sweet red pepper, white mushrooms and balsamic oil / vinegar dressing.

The Ingredients –

1/4 to 1/3 pounds of Ground Veal
1/4 cup of Pine Nuts, toasted
1/2 to 3/4 cup of Dry White Wine or Marsala Wine
1/4 cup of Extra Virgin Olive Oil (or less)
1/3 cup chopped Sweet Red Pepper
1 – 2 Sprigs of fresh Rosemary
1/2 cup of Low Sodium Chicken Broth
1 clove of Garlic
1 Tbsp. Unsalted Butter
1/4 cup of Flour (or less–see instructions below)
Salt & Pepper to taste



30-Minute Veal Sauce

Lightly sauté the sweet red peppers. Toast the pine nuts. Set aside.

Brown the ground veal, adding just a little salt and pepper. Use the same pan you browned the veal in to blend in flour, slowly via a sifter or slotted spoon. Stir gently until it forms a roux.

Add the wine, garlic, and butter, cooking over low to medium heat. Be sure to scrape the brown bits from the veal pan so they blend in with the sauce. Cook this mixture about 1-2 minutes.

Add the broth, as needed, so sauce consistency is to medium thickness only – less thick than a traditional roux.

Add in the red peppers, pine nuts and rosemary. Stir until warmed through.

Serve with al dente pasta of your choice – farfalle, penne, or gemelli are good choices because their texture and shapes lend themselves well to the sauce. Finish with just a bit of fresh parmesan.

Created with inspiration from [this alternative recipe at Williams Sonoma](#), using veal scaloppini.

Buon Appetito!