

STARTER & SNACK

Balsamic Poached Veal with Roasted Garlic Sauce

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
260 min	25 min	235 min	8	\$1.59	257 kcal



Balsamic Poached Veal with Roasted Garlic Sauce might be a good recipe to expand your hor d'oeuvre recipe box. This recipe makes 8 servings with 257 calories, 1g of protein, and 21g of fat each. For \$1.59 per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

☐ ¾ cup balsamic vinegar	☐ 1 bay leaf
☐ 4 ounces (1 stick) butter	☐ 1 cup chicken stock
☐ 3 garlic heads, halved	☐ 1½ cups olive oil
☐ 1½ teaspoons olive oil	☐ ½ teaspoon salt
☐ 2 tablespoons sour cream	☐ 3 thyme sprigs, leaves removed

☐ 1 veal tenderloin, cut into 4 (2-inch) medallions
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☐ 2 white peppercorns

☐ 1½ cups white wine

EQUIPMENT Frying pan, Sauce pan, Oven, Whisk, Pot, Aluminum foil

Method

- 1 In a large pot, combine all of the ingredients except for the veal. Bring the liquid to a boil.
- 2 Add the veal to the pot and simmer on medium heat for 10 to 15 minutes.
- 3 Remove from the heat and let cool, in the liquid, to room temperature.
- 4 Slice the meat into 16 thin medallions.
- 5 Serve with Roasted Garlic Sauce.
- 6 Preheat the oven to 400 degrees F.
- 7 Brush olive oil onto a sheet pan and place the garlic on top. Roast the garlic in the oven until very soft, for about 45 minutes, covering with foil if it begins to burn. Squeeze out the cloves.
- 8 Blend the garlic, sour cream, and thyme leave until smooth.
- 9 In a small saucepan, bring the chicken stock to a boil. Blend in the garlic. Just before serving, heat mixture, remove from the heat, and whisk in butter.

Nutrition per serving

257	1 g	21 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.9 g · 56% of daily needs
Sugar			4.6 g · 5% of daily needs
Sodium			289 mg · 13% of daily needs
Cholesterol			33.3 mg · 11% of daily needs
Vitamin C			1.1 mg · 1% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/balsamic-poached-veal-with-roasted-garlic-sauce-147871