



Basic Brown Sauce

 Gluten Free

READY IN



370 min.

SERVINGS



8

CALORIES



195 kcal

SAUCE

Ingredients

- 1 leaves bouquet garnic (thyme, parsley, bay peppercorns)
- 2 carrots cut in chunks
- 2 rib celery cut in chunks
- 1 bottle cooking wine dry red
- 1 bunch thyme leaves fresh
- 1 garlic bulb cut in half
- 1 quart beef broth low sodium
- 2 tablespoons olive oil

- 1 onion cut in half
- 8 servings salt and pepper to taste
- 5 tablespoons tomato paste divided
- 2 tablespoons butter unsalted
- 2 veal knuckle bones
- 1 veal shanks
- 1 quart water

Equipment

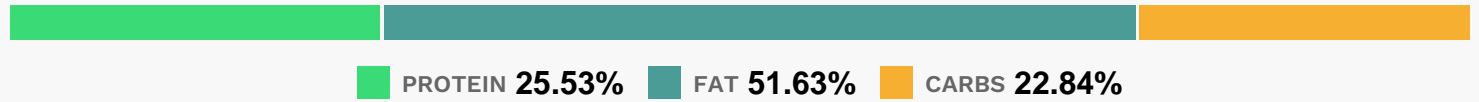
- oven
- whisk
- pot
- roasting pan
- cheesecloth

Directions

- Place the veal shank and knucklebones in a roasting pan, season with salt and pepper and drizzle with olive oil. Roast in a preheated 350 degrees F oven for 45 minutes. When the veal pieces are brown, brush them with 3 tablespoons of tomato paste and season again. Raise the oven temperature to 450 degrees F and return the pan to the oven for 15 more minutes. Melt butter in a large stockpot over medium heat.
- Saute the mirepoix vegetables and thyme in the butter to coat then stir in the remaining tomato paste and continue cooking until the vegetables are caramelized.
- Pour in the red wine to deglaze, stir.
- Transfer the browned bones to the stockpot.
- Whisk in the water and broth.
- Add the bouquet garni and bring the sauce to a boil. Simmer gently for about 3 hours, skimming periodically. Strain the sauce through cheesecloth or a chinois to remove the bones and vegetable solids. Continue to cook for 1 hour more, skimming any foam that rises to the top, until the sauce is reduced to 2 cups and nicely thickened. Taste for strength and seasoning. May whisk in a pat of softened butter to finish the sauce.

Serve with meats or poultry.

Nutrition Facts



Properties

Glycemic Index:28.23, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:7.9343478096568%

Flavonoids

Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg Malvidin: 24.6mg, Malvidin: 24.6mg, Malvidin: 24.6mg, Malvidin: 24.6mg Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epicatechin: 9.99mg, Epicatechin: 9.99mg, Epicatechin: 9.99mg, Epicatechin: 9.99mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 194.55kcal (9.73%), Fat: 7.44g (11.44%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.2g (2.26%), Sugar: 2.54g (2.82%), Cholesterol: 28.71mg (9.57%), Sodium: 531.24mg (23.1%), Alcohol: 9.84g (100%), Alcohol %: 3.07% (100%), Protein: 8.27g (16.55%), Vitamin A: 2822.9IU (56.46%), Potassium: 503.58mg (14.39%), Vitamin B3: 2.6mg (13%), Vitamin B6: 0.19mg (9.54%), Zinc: 1.28mg (8.56%), Vitamin E: 1.12mg (7.48%), Phosphorus: 73.97mg (7.4%), Vitamin B12: 0.39µg (6.5%), Vitamin B2: 0.11mg (6.36%), Vitamin C: 5.1mg (6.18%), Vitamin K: 6.42µg (6.11%), Fiber: 1.2g (4.81%), Manganese: 0.09mg (4.74%), Copper: 0.09mg (4.73%), Iron: 0.81mg (4.48%), Vitamin B5: 0.45mg (4.46%), Selenium: 2.94µg (4.2%), Magnesium: 15.95mg (3.99%), Vitamin B1: 0.05mg (3.09%), Folate: 11.72µg (2.93%), Calcium: 27.28mg (2.73%)