



## Blanquette of veal

READY IN



80 min.

SERVINGS



6

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 l veal stock (with for recipe) well
- 250 ml wine
- 2 medium leek (trimmed chopped)
- 3 sticks celery (chopped)
- 3 carrots (chopped)
- 2 shallots (chopped)
- 1 head garlic (clove whole halved)
- 2 sprigs rosemary
- 1 kg ground veal (boneless)

- 300 g mushrooms trimmed halved
- 3 egg yolk
- 284 ml double cream
- 1 tbsp coarse mustard
- 25 g butter for the pasta plus a little knob extra
- 1 large bunch flat parsley trimmed roughly chopped
- 0.5 lemon zest grated
- 300 g tagliatelle fresh

## Equipment

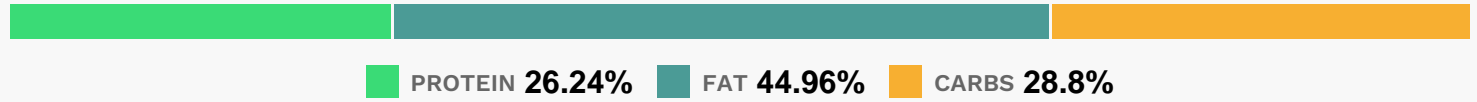
- frying pan
- sauce pan
- pot
- carving fork

## Directions

- Pour the stock and wine into a large saucepan, then add all the vegetables except the mushrooms.
- Add the garlic and rosemary and bring to the boil, then simmer, uncovered, for 10 mins.
- Trim veal of any excess fat and cut into large bite-size cubes.
- Add to pan with the mushrooms. Return to a simmer, season well, then cook for 20 mins until meat is just tender; allow longer if its not. The stew can be cooled and chilled or frozen at this stage.
- When ready to serve, beat together the yolks and cream. Return the stew to a simmer, stir in the horseradish or mustard, briskly mix in yolks and cream, then stir until it starts to thicken slightly. Take care not to overheat or the mixture will curdle. Stir in the butter, remove pan from the heat, then mix in the parsley, lemon zest and juice. Check the seasoning again.
- Meanwhile, boil tagliatelle according to pack instructions about 3 mins for fresh pasta, up to 10 mins for dried.
- Drain and toss with a little butter. Make into a barrel of pasta (see above right) or simply divide between six warmed plates. Spoon the Blanquette of veal on top and serve.

Make a 'barrel' of tagliatelle Gordon's way: Pick up a few strands of pasta, digging a carvingfork into the pot 3–4 times. Lift up the pasta so the strands hang free and press against the side of the pan. Then, holding with your (clean) fingers, start to twist the pasta into a barrel shape, pushing back against the pan side once or twice to neaten. When all the strands are wound, up–end the fork into the centre of a plate and gently push the pasta off.

## Nutrition Facts



## Properties

Glycemic Index:74.31, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:44.824348035066%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 21.04mg, Apigenin: 21.04mg, Apigenin: 21.04mg, Apigenin: 21.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 772.03kcal (38.6%), Fat: 37.17g (57.19%), Saturated Fat: 19.33g (120.84%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 48.87g (17.77%), Sugar: 8.4g (9.34%), Cholesterol: 338.63mg (112.88%), Sodium: 608.15mg (26.44%), Alcohol: 4.35g (100%), Alcohol %: 0.86% (100%), Protein: 48.82g (97.65%), Vitamin K: 182.28µg (173.6%), Vitamin A: 7448.63IU (148.97%), Selenium: 68.17µg (97.38%), Vitamin B3: 17.58mg (87.91%), Phosphorus: 671.86mg (67.19%), Vitamin B2: 1.05mg (61.82%), Vitamin B6: 1.23mg (61.5%), Zinc: 7.33mg (48.84%), Manganese: 0.89mg (44.4%), Vitamin B12: 2.66µg (44.29%), Potassium: 1511.88mg (43.2%), Vitamin B5: 4.07mg (40.75%), Copper: 0.68mg (34.09%), Magnesium: 116.61mg (29.15%), Folate: 113.38µg (28.34%), Iron: 5.02mg (27.91%), Vitamin C: 22.75mg (27.57%), Vitamin B1: 0.41mg (27.48%), Fiber: 4.71g (18.84%), Calcium: 168.25mg (16.82%), Vitamin E: 2.02mg (13.49%), Vitamin D: 1.5µg (9.99%)