



Braised Veal Breast with Potato-and-Onion Stuffing

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup wine dry white
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 teaspoon juice of lemon fresh to taste

- ☐ 14 fluid ounces chicken broth reduced-sodium
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 turkish bay leaf
- ☐ 4 pound ground veal bone-in (3 or 4 ribs)
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 pound yukon gold potatoes unpeeled (2 to 3)

Equipment

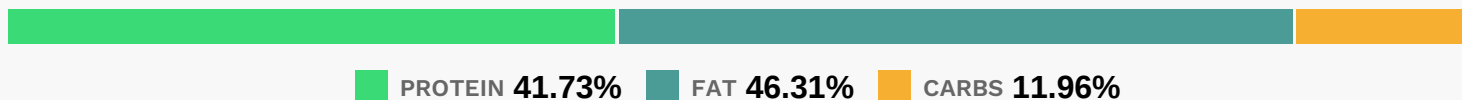
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ spatula
- ☐ colander
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Cover potatoes with salted cold water by 1 inch in a 4-quart pot, then briskly simmer, uncovered, over moderate heat until just tender, 25 to 30 minutes.
- ☐ While potatoes simmer, cook onion in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until well browned, 10 to 12 minutes.
- ☐ Transfer to a bowl.
- ☐ Drain potatoes in a colander and, when cool enough to handle, peel, then thinly slice.

- ☐ Add potatoes, salt, and pepper to onion and coarsely mash with a fork. Cool to warm and stir in egg and dill until combined. Cool completely, uncovered.
- ☐ Cut a 7- by 5-inch pocket in center of meat parallel to bone, leaving a 1/2-inch border of meat all around. Loosely fill pocket with potato stuffing and sew pocket closed on cut side with needle and kitchen string (and sew any tears).
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat veal dry and rub all over with salt and pepper.
- ☐ Heat oil in a wide 5- to 6-quart heavy pot over moderate heat until hot but not smoking, then brown veal, meat side down, 5 to 7 minutes. Turn veal over and add wine. Boil, uncovered, until wine is reduced by half, about 4 minutes.
- ☐ Add broth and bay leaves and return to a boil. Cover pot tightly with lid and transfer to oven, then braise until meat is very tender, about 2 hours.
- ☐ Transfer veal to a cutting board using a large wide metal spatula and let stand, loosely covered with foil, 15 minutes.
- ☐ Discard bay leaves and skim off fat from pan juices. Bring pan juices to a boil.
- ☐ Whisk together cream and cornstarch in a small bowl and whisk into pan juices. Simmer, stirring occasionally, until slightly thickened, 2 to 3 minutes. If desired, pour through a fine-mesh sieve into a bowl (discard solids). Stir in dill, lemon juice, and salt and pepper to taste.
- ☐ Discard kitchen string from veal and cut meat from bones by holding knife against bone as you cut.
- ☐ Transfer stuffed meat to a cutting board and slice lengthwise 1 inch thick.
- ☐ Cut between ribs to separate.
- ☐ Serve veal slices and ribs with sauce.
- ☐ •Be sure to ask your butcher for the back (or meatier) portion of the veal breast. (You will need a 2- to 3-inch thickness of meat to be able to make a pocket.)•Stuffing can be made 1 day ahead and chilled, covered. •Veal can be braised 2 days ahead and cooled, uncovered, then chilled, covered. Reheat, covered, over moderate heat.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:45.224783026654%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg

Nutrients (% of daily need)

Calories: 970.21kcal (48.51%), Fat: 46.83g (72.04%), Saturated Fat: 20.65g (129.08%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 23.89g (8.69%), Sugar: 5.69g (6.32%), Cholesterol: 452.06mg (150.69%), Sodium: 1021.67mg (44.42%), Alcohol: 6.18g (100%), Alcohol %: 0.94% (100%), Protein: 94.94g (189.87%), Vitamin B3: 36.53mg (182.63%), Vitamin B6: 2.28mg (114.03%), Phosphorus: 1077mg (107.7%), Vitamin B12: 6.34µg (105.67%), Zinc: 14.68mg (97.86%), Vitamin B2: 1.43mg (83.98%), Vitamin B5: 6.59mg (65.91%), Selenium: 42.23µg (60.33%), Potassium: 2085.59mg (59.59%), Magnesium: 147.65mg (36.91%), Copper: 0.69mg (34.48%), Vitamin B1: 0.48mg (32.14%), Iron: 5.29mg (29.37%), Vitamin C: 23.08mg (27.98%), Folate: 95.78µg (23.95%), Manganese: 0.47mg (23.68%), Calcium: 134.95mg (13.5%), Fiber: 3.32g (13.28%), Vitamin E: 1.89mg (12.6%), Vitamin A: 520.32IU (10.41%), Vitamin K: 9.83µg (9.36%), Vitamin D: 0.73µg (4.84%)