



Braised Veal with Gremolata

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce the following: parmesan rind) dried
- 1 cup wine dry white
- 1 tablespoon basil fresh finely chopped
- 2 tablespoons parsley fresh finely chopped
- 2 teaspoons garlic minced
- 2 large garlic clove cut lengthwise into 20 thin slices
- 1 tablespoon lemon zest fresh finely grated
- 6 servings matzo

- 1 tablespoon olive oil
- 4.5 pounds beef shoulder roast boneless
- 1 tablespoon potato flour dissolved in 1 1/2 tablespoons cold water
- 2 cups water boiling

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- knife
- whisk
- pot
- sieve
- aluminum foil
- cutting board
- glass baking pan

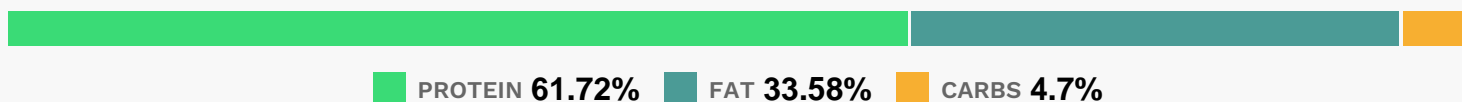
Directions

- Pour boiling water over porcini in a bowl and let stand until softened, 10 to 20 minutes. Lift out porcini, squeezing excess liquid back into bowl, and rinse to remove any grit.
- Pour soaking liquid through a sieve lined with a dampened paper towel into another bowl. Chop porcini and reserve for polenta.
- Pat veal dry and cut 20 (1 1/2-inch-deep) slits all over with a thin-bladed knife. Stuff each slit with a slice of garlic, then season veal with salt and pepper.
- Heat oil in a 4- to 6-quart heavy pot over moderately high heat until hot but not smoking, then brown veal on all sides, about 10 minutes.
- Add wine and deglaze pot by boiling over high heat (keep veal in pot), stirring and scraping up brown bits, until wine is reduced by half, about 5 minutes. Stir in porcini-soaking liquid and

bring to a simmer. Simmer gently, covered, turning veal every 30 minutes, until meat is tender, about 2 hours.

- Transfer veal to a cutting board and cool completely.
- Skim any fat and froth from surface of pan juices, then boil until reduced to about 2 cups.
- Pour through a very fine sieve into a saucepan and bring to a simmer. Stir dissolved potato starch, then whisk into pan juices. Simmer sauce until slightly thickened.
- Stir together gremolata ingredients.
- Stir half of gremolata into sauce and season with salt and pepper. Chill remaining gremolata, covered.
- Preheat oven to 350°F.
- Remove strings from veal and cut meat across the grain into 1/4-inch-thick slices. Overlap slices in a 13- by 9-inch ceramic or glass baking dish and pour sauce over meat. Cover dish with foil and heat in middle of oven 30 minutes.
- Sprinkle with remaining gremolata.
- Cooks' notes
- Veal (cooled on cutting board but not sliced) can be made 1 day ahead and chilled, covered. Slice meat while still cold and reheat in sauce.·Sauce can be made 1 day ahead, then cooled completely before being chilled, covered.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:39.960434934367%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 685.67kcal (34.28%), Fat: 23.69g (36.44%), Saturated Fat: 9.48g (59.26%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.61g (2.4%), Sugar: 0.61g (0.68%), Cholesterol: 275.56mg (91.85%), Sodium: 239.83mg (10.43%), Alcohol: 4.12g (100%), Alcohol %: 1.1% (100%), Protein: 97.96g (195.91%), Vitamin B12: 11.23µg (187.11%), Zinc: 27.79mg (185.28%), Selenium: 113.8µg (162.57%), Vitamin B6: 2.42mg (121.1%), Vitamin B3: 19.93mg (99.64%), Phosphorus: 875.45mg (87.54%), Iron: 10.42mg (57.91%), Vitamin B2: 0.82mg (47.99%), Potassium: 1398.88mg (39.97%), Vitamin B5: 3.6mg (36.01%), Copper: 0.64mg (31.78%), Vitamin K: 30.29µg (28.85%), Magnesium: 102.12mg (25.53%), Vitamin B1: 0.3mg (20.07%), Manganese: 0.2mg (9.83%), Folate: 34.86µg (8.72%), Calcium: 55.72mg (5.57%), Vitamin E: 0.76mg (5.1%), Vitamin C: 3.96mg (4.8%), Vitamin D: 0.52µg (3.5%), Fiber: 0.85g (3.4%), Vitamin A: 144.19IU (2.88%)