

Veal Stock

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- 1 bay leaves (not California)
- 0.5 tablespoon peppercorns black
- 0.5 lb carrots cut into 1-inch pieces
- 2 rib celery stalks cut into 1-inch pieces
- 2 large sprigs parsley fresh
- 2 large leek cut into 1-inch pieces
- 0.5 lb onion cut into 1-inch pieces
- 2 thyme sprigs fresh

- 1 tablespoon tomato paste
- 5 lb veal knuckle bones
- 4 qt water

Equipment

- bowl
- frying pan
- oven
- pot
- sieve
- roasting pan
- tongs

Directions

- Preheat oven to 450°F.
- Arrange veal bones in 1 layer in an oiled large roasting pan and roast in middle of oven, turning once or twice, until browned, 30 to 45 minutes. Leave oven on.
- Transfer bones with tongs to a tall, narrow 7- to 8-quart stockpot and add 4 quarts water. Discard fat from roasting pan, then immediately add 1/2 cup water to hot pan, stirring and scraping up brown bits, and add to stockpot. Bring liquid to a tremble (bare simmer; about 190°F) and cook, skimming froth frequently during first hour, about 10 hours (use a flame tamer for lowest heat if necessary).
- While stock is cooking, wash leeks in a bowl of cold water, then lift out and drain well. Oil roasting pan again and spread leeks, carrots, onions, and celery in 1 layer. Roast in middle of oven, stirring once or twice, until golden brown, 20 to 30 minutes.
- Transfer vegetables to a bowl and immediately add remaining 1/2 cup water to hot pan, stirring and scraping up brown bits, then add to stockpot. Cool vegetables and chill, covered.
- Add roasted vegetables and remaining ingredients to stockpot for last 2 hours of cooking.
- Remove bones with tongs and discard.
- Pour stock in batches through a large fine sieve into a 4-quart pot, discarding solids. Cool stock, uncovered, and chill, covered, then scrape congealed fat from chilled stock. If you end

up with more than 8 cups stock, simmer it, skimming froth, to reduce. If you have less, add water.

Nutrition Facts

 PROTEIN 9.92%  FAT 4.13%  CARBS 85.95%

Properties

Glycemic Index:36.48, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:9.0308695409609%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 40.16kcal (2.01%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.67g (4.07%), Cholesterol: 0mg (0%), Sodium: 65.09mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin A: 5176.3IU (103.53%), Vitamin K: 19.74µg (18.8%), Manganese: 0.28mg (13.79%), Vitamin C: 7.62mg (9.24%), Fiber: 1.97g (7.87%), Copper: 0.14mg (7.19%), Vitamin B6: 0.13mg (6.63%), Folate: 25.96µg (6.49%), Potassium: 204.37mg (5.84%), Magnesium: 19.67mg (4.92%), Calcium: 48.25mg (4.82%), Iron: 0.8mg (4.43%), Vitamin E: 0.49mg (3.28%), Vitamin B1: 0.05mg (3.16%), Phosphorus: 29.06mg (2.91%), Vitamin B3: 0.48mg (2.39%), Vitamin B2: 0.04mg (2.15%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.22mg (1.46%)