



Herb Crusted Veal Tenderloin and Celery Root and Pear Sformato with Cherry Sauce

READY IN



90 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup bread crumbs fresh white made from day old sandwich loaf, discarding the crust
- ☐ 4 servings butter
- ☐ 1 pound celery root diced peeled
- ☐ 0.8 cup cherries fresh pitted quartered
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 3 inch fontina

- ☐ 2 cloves garlic minced
- ☐ 4 servings herbs mixed finely chopped sage, rosemary and thyme
- ☐ 0.5 onion minced
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley leaves italian finely chopped
- ☐ 1 forell pear cored peeled cut into 1/4-inch pieces
- ☐ 0.5 cup port wine
- ☐ 1 cup potatoes mashed
- ☐ 4 servings salt
- ☐ 1 medium shallots finely minced
- ☐ 1 sprig thyme leaves
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 pound veal tenderloin
- ☐ 3 cups veal stock

Equipment

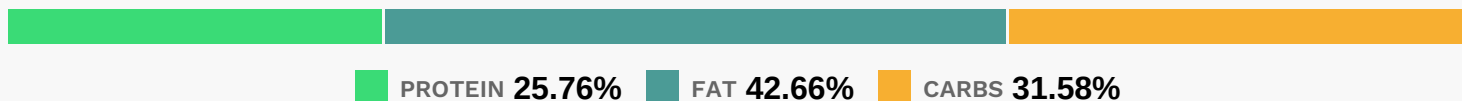
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375 degrees F.

- ☐ Brush 4 (3-inch) ramekins with butter and coat with fresh bread crumbs, tapping out and reserving excess. In a large pot of boiling water, blanch celery root with pinch of salt, garlic and thyme for 5 minutes.
- ☐ Remove from water using slotted spoon.
- ☐ In a large skillet, on medium-high heat, heat 1 tablespoon of olive oil.
- ☐ Add the minced onions and celery root, season with salt and pepper and cook, stirring, until onions are golden.
- ☐ Remove from heat. In a medium bowl, beat eggs and whisk in the pear, chopped parsley, mashed potatoes, celery root mixture and salt and pepper. Fill ramekin half way with celery root mixture.
- ☐ Place 1 fontina cube in the middle, then finish filling ramekin with celery root mixture and cover with reserved bread crumbs.
- ☐ Bake in the oven for 15 minutes.
- ☐ To make the cherry sauce: In a medium skillet, heat remaining olive oil on low heat.
- ☐ Add shallots and cook until golden.
- ☐ Add 1/2 cup of the cherries, molasses, port wine, and veal stock. Reduce the sauce to 1 cup. Strain sauce through a chinois or fine meshed sieve into a clean bowl and whisk in the butter to finish. Season, to taste.
- ☐ Add remaining cherries to sauce. Set aside and keep warm.
- ☐ To make the Veal.
- ☐ Brush veal with Dijon mustard. Season with salt and pepper and roll in mixed herbs. In a large skillet, heated on medium-high, add olive oil and sear the veal on all sides. Finish to cook in the preheated oven until medium rare, about 5 to 10 minutes.
- ☐ Remove meat from skillet and allow to rest. Slice veal right before serving
- ☐ On a large serving platter, arrange celery root sformato on bottom of platter, place sliced veal on top and drizzle with cherries and sauce.

Nutrition Facts



Properties

Glycemic Index:142.38, Glycemic Load:16.22, Inflammation Score:-9, Nutrition Score:40.309130150339%

Flavonoids

Cyanidin: 8.73mg, Cyanidin: 8.73mg, Cyanidin: 8.73mg, Cyanidin: 8.73mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 7.05mg, Apigenin: 7.05mg, Apigenin: 7.05mg, Apigenin: 7.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 779.76kcal (38.99%), Fat: 35.72g (54.96%), Saturated Fat: 15.19g (94.92%), Carbohydrates: 59.5g (19.83%), Net Carbohydrates: 52.85g (19.22%), Sugar: 24.42g (27.14%), Cholesterol: 271.33mg (90.44%), Sodium: 1117.25mg (48.58%), Alcohol: 4.59g (100%), Alcohol %: 0.77% (100%), Protein: 48.54g (97.08%), Vitamin K: 98µg (93.34%), Vitamin B3: 17.03mg (85.14%), Phosphorus: 715.55mg (71.56%), Vitamin B6: 1.4mg (70.1%), Vitamin B2: 0.95mg (55.75%), Potassium: 1885.42mg (53.87%), Zinc: 7.24mg (48.25%), Selenium: 33.48µg (47.82%), Vitamin B12: 2.76µg (45.97%), Manganese: 0.8mg (40.12%), Vitamin C: 29.53mg (35.79%), Vitamin B5: 3.56mg (35.59%), Magnesium: 141.73mg (35.43%), Vitamin B1: 0.49mg (32.86%), Copper: 0.63mg (31.58%), Iron: 5.49mg (30.47%), Fiber: 6.65g (26.6%), Calcium: 252.32mg (25.23%), Folate: 91.04µg (22.76%), Vitamin E: 2.59mg (17.28%), Vitamin A: 856.19IU (17.12%), Vitamin D: 0.67µg (4.48%)