



Matzo-Stuffed Breast of Veal

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 3 carrots cut into 1/4-inch dice
- ☐ 2 rib celery cut into 1/4-inch dice
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flat-leaf parsley leaves fresh chopped
- ☐ 2 garlic cloves smashed
- ☐ 3 pieces matzos (6- by 6-inch)
- ☐ 1 small onion quartered

- ☐ 2 medium onions chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 teaspoons paprika sweet (preferably Hungarian)
- ☐ 2 thyme sprigs fresh
- ☐ 3.5 lb veal breast boneless thick ()
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups water

Equipment

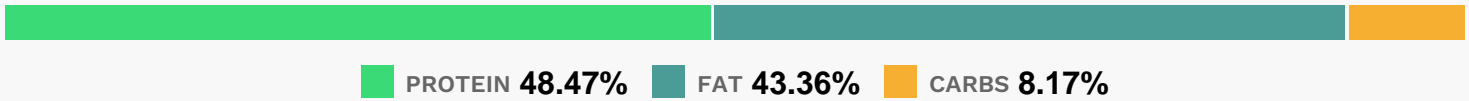
- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ spatula
- ☐ colander
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Cook onions, carrots, and celery in oil in a wide 3 1/2- to 5-quart heavy pot over moderate heat, stirring occasionally, until vegetables begin to brown, 8 to 10 minutes.
- ☐ While vegetables are cooking, put matzos in a colander and run under hot water until softened.

- ☐ Remove pot from heat and transfer half of vegetables to a bowl. Cool vegetables in bowl 5 minutes, then stir in matzos, parsley, egg, salt, and pepper.
- ☐ Preheat oven to 350°F.
- ☐ Trim as much excess fat as possible from veal.
- ☐ Cut a large pocket in veal breast: Beginning at center of thickest side, insert a large knife horizontally and cut into center of veal as evenly as possible, leaving a 1-inch border on 3 sides.
- ☐ Purée onion, garlic, oil, paprika, salt, and pepper in a food processor or blender. Put veal breast on a cutting board and rub inside of pocket with 2 tablespoons purée. Fill pocket loosely with matzo stuffing, leaving a 1-inch border on cut side. Sew pocket closed with carpet needle and kitchen string.
- ☐ Pat veal dry and rub both sides with remaining purée. Put thyme sprigs over vegetables remaining in pot, then top with veal.
- ☐ Add water and bring to a boil.
- ☐ Cover pot with lid and braise in middle of oven until meat is very tender, 3 to 3 1/2 hours.
- ☐ Transfer veal with a wide metal spatula to a clean cutting board and let stand, loosely covered with foil, 30 minutes.
- ☐ Discard thyme sprigs and skim any fat from sauce. Discard string, then cut veal across the grain into 1-inch-thick slices and serve with sauce.
- ☐ • Veal improves in flavor if braised 2 days ahead. Cool in sauce, uncovered, then chill, surface covered with parchment paper or wax paper and pot covered with lid.
- ☐ Remove any solidified fat before reheating. Slice cold meat across the grain and reheat in oven with sauce in a shallow baking pan, covered, 45 minutes.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:32.622174195621%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 451.85kcal (22.59%), Fat: 21.22g (32.65%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 6.87g (2.5%), Sugar: 3.62g (4.03%), Cholesterol: 247.97mg (82.66%), Sodium: 837.84mg (36.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.37g (106.73%), Vitamin A: 5601.22IU (112.02%), Vitamin B3: 20.33mg (101.64%), Vitamin B6: 1.23mg (61.5%), Vitamin B12: 3.62µg (60.33%), Phosphorus: 584.12mg (58.41%), Zinc: 8.44mg (56.24%), Vitamin B2: 0.8mg (46.92%), Vitamin B5: 3.77mg (37.74%), Selenium: 24.65µg (35.22%), Vitamin K: 31.48µg (29.98%), Potassium: 1047.75mg (29.94%), Magnesium: 76.97mg (19.24%), Vitamin B1: 0.27mg (17.68%), Copper: 0.35mg (17.67%), Iron: 2.89mg (16.04%), Folate: 56.09µg (14.02%), Manganese: 0.27mg (13.26%), Vitamin C: 8.01mg (9.71%), Vitamin E: 1.38mg (9.21%), Fiber: 2.12g (8.5%), Calcium: 75.87mg (7.59%), Vitamin D: 0.17µg (1.11%)