

Meat Jelly or Aspic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 ounces bacon fat removed
- ☐ 1 pound top round beef roast
- ☐ 1 bouquet garnic
- ☐ 1 carrots chopped
- ☐ 2 egg whites
- ☐ 3 gelatin (if needed)
- ☐ 2 onion chopped
- ☐ 8 servings salt and pepper

☐ 2.3 pounds veal knuckle bones

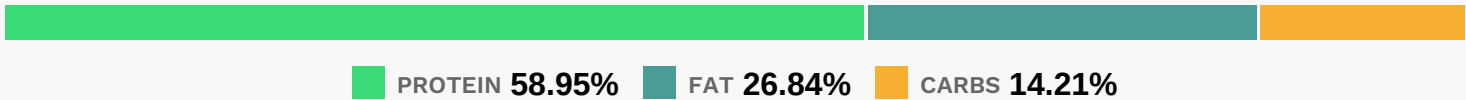
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Put all the ingredients except the gelatin, egg whites and alcohol, if using, in a large pan with 2 2/3 quarts water and bring to a boil. Skim and let simmer on steady heat for about 4 hours.
- ☐ Carefully strain through a strainer lined with cheesecloth and let cool completely.
- ☐ Remove the fat, which will solidify on the top.
- ☐ When the stock is cold, check the consistency: if it has not set, bring it to a simmer and add 3 to 4 gelatin leaves soaked in cold water.
- ☐ To clarify the jelly for aspic, beat the egg whites lightly.
- ☐ Put the stock in a pan, stir in the egg whites and gently beat all the liquid, without stopping, so that the egg whites turn frothy, while heating very gradually until the liquid just comes to the boil.
- ☐ If desired, add Madeira, port or sherry to flavor it.
- ☐ Pour the clarified liquid through a strainer lined with damp cheesecloth, discard the solids and let set in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:10.287826050883%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 125.57kcal (6.28%), Fat: 3.7g (5.7%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.65g (1.84%), Cholesterol: 35.15mg (11.72%), Sodium: 601.54mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.61%), Vitamin A: 1415.57IU (28.31%), Selenium: 17.73µg (25.32%), Vitamin B6: 0.44mg (21.75%), Vitamin B3: 4.02mg (20.09%), Vitamin B12: 1.06µg (17.59%), Zinc: 2.49mg (16.6%), Iron: 2.71mg (15.07%), Phosphorus: 139.32mg (13.93%), Vitamin K: 12.68µg (12.07%), Potassium: 296.91mg (8.48%), Vitamin B2: 0.14mg (8.4%), Manganese: 0.15mg (7.58%), Magnesium: 24.32mg (6.08%), Calcium: 55.5mg (5.55%), Fiber: 1.39g (5.55%), Copper: 0.11mg (5.38%), Vitamin B1: 0.08mg (5.06%), Folate: 19.36µg (4.84%), Vitamin C: 3.38mg (4.1%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.26mg (1.7%)