



Roasted Loin of Veal with Foie Gras and Cherry-Red Grape Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 0.5 cup cherries in syrup wild drained (such as amarena)
- ☐ 2 cups cooking wine dry red
- ☐ 6 ounce block duck foie gras cooked cut lengthwise into 1/4-inch-thick slices
- ☐ 0.3 cup brown sugar packed ()
- ☐ 2 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil plus more for brushing

- ☐ 1.5 cups grapes red seedless
- ☐ 1 tablespoon rosemary plus sprigs fresh whole chopped for garnish
- ☐ 3.5 pound veal strip loin boneless trimmed
- ☐ 1 tablespoon thyme plus sprigs fresh whole chopped for garnish
- ☐ 1 teaspoon worcestershire sauce

Equipment

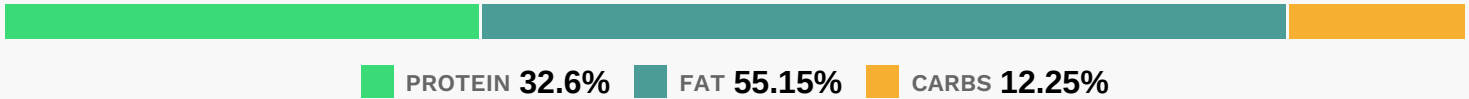
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Boil both broths until reduced to scant 1 cup. Set aside.
- ☐ Bring wine and next 3 ingredients to boil in another saucepan, stirring until sugar dissolves. Reduce heat to medium-low and simmer until reduced to 1 1/2 cups, about 30 minutes. Using slotted spoon, transfer grapes to small bowl; add cherries to grapes.
- ☐ Add reduced broth to grape syrup. Boil until reduced to 3/4 cup, about 10 minutes. Do ahead Can be made 2 days ahead. Cover fruits and sauce base separately and refrigerate.
- ☐ Brush veal with olive oil.
- ☐ Sprinkle chopped herbs all over. Wrap veal in plastic; chill overnight.
- ☐ Position rack just below center of oven; preheat to 425°F.
- ☐ Sprinkle veal with salt and pepper; let stand at room temperature 30 minutes.
- ☐ Heat 2 tablespoons oil in 14-inch ovenproof skillet over medium-high heat.
- ☐ Add veal, fat side down. Sear until brown, about 4 minutes. Turn over; sear until brown, about 4 minutes.

- ☐ Place skillet in oven. Roast veal until thermometer inserted into center registers 135°F to 140°F, about 25 minutes.
- ☐ Transfer to platter. Tent with foil; let stand 10 minutes. Reserve skillet.
- ☐ Meanwhile, separate foie gras slices on plate to bring to room temperature.
- ☐ Tilt reserved skillet; spoon off fat from juices.
- ☐ Add juices to sauce base. Simmer until thick enough to coat spoon, about 3 minutes.
- ☐ Add grapes and cherries; heat 1 minute.
- ☐ Cut veal into 1-inch-thick slices; arrange on plates. Top with foie gras, if using, and sauce.
- ☐ Garnish plates with rosemary and thyme sprigs.
- ☐ Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:37.255652168523%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.24mg, Peonidin: 1.24mg, Peonidin: 1.24mg, Peonidin: 1.24mg Catechin: 5mg, Catechin: 5mg, Catechin: 5mg, Catechin: 5mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 618.46kcal (30.92%), Fat: 34.79g (53.53%), Saturated Fat: 13.04g (81.5%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.73g (6.08%), Sugar: 12.31g (13.68%), Cholesterol: 268.26mg (89.42%), Sodium: 274.77mg (11.95%), Alcohol: 6.3g (100%), Alcohol %: 1.91% (100%), Protein: 46.27g (92.54%), Vitamin B12: 13.51µg (225.11%), Vitamin A: 6665.03IU (133.3%), Copper: 1.82mg (91.12%), Selenium: 61.45µg (87.79%), Vitamin B3: 13.44mg (67.2%),

Vitamin B6: 1.34mg (66.92%), Iron: 10.05mg (55.84%), Zinc: 7.61mg (50.74%), Phosphorus: 461.46mg (46.15%),
Folate: 181.54µg (45.39%), Vitamin B2: 0.46mg (27.34%), Vitamin B5: 2.52mg (25.22%), Potassium: 833.1mg
(23.8%), Vitamin B1: 0.29mg (19.4%), Magnesium: 53.56mg (13.39%), Vitamin K: 9.41µg (8.96%), Vitamin E: 1.32mg
(8.79%), Calcium: 76.19mg (7.62%), Vitamin C: 4.12mg (4.99%), Manganese: 0.07mg (3.56%), Fiber: 0.66g (2.66%)