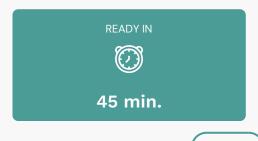


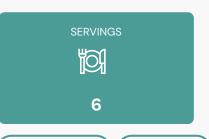
# **Slow-Cooked Veal Grillades**

airy Free



2 cloves garlic minced

2 spring onion chopped





LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

0.3 cup add carrot and onior	n to bacon fat . cook
1 bay leaves	
0.5 bell pepper diced	
6 servings pepper black fresh	nly ground
1 stalk celery diced	
2 cups flour	

	1 large onion diced
	2 cups plum tomatoes diced whole canned seeded drained
	1 teaspoon pepper red crushed
	6 servings salt
	6 servings all the tabasco sauce you handle
	1 Leaves thyme leaves fresh
	4 pounds ground veal boneless sliced into thin cutlets
	1 tablespoon worcestershire sauce
Eq	uipment
	bowl
	frying pan
	whisk
	wooden spoon
Di	rections
	Season the veal cutlets with salt and pepper.
	Whisk the flour together with the Creole Spices in a medium bowl. Dredge the cutlets in the seasoned flour and shake off excess. Reserve a tablespoon of seasoned flour.
	Melt the bacon fat in a large skillet over high heat. Fry the cutlets, several at a time, until golden brown on both sides. Take care not to overcrowd the skillet.
	Remove cutlets from skillet and continue to cook in batches until all the veal has been browned. Set the veal aside while you continue making the sauce.
	Reduce the heat to medium-high, add the onions to the same skillet, and cook, stirring with a wooden spoon, until they are a deep mahogany color, about 20 minutes.
	Add the celery, bell pepper, and garlic, reduce the heat to moderate, and continue cooking, stirring often, for about 5 minutes.
	Sprinkle the 1 tablespoon of reserved seasoned flour into the skillet and stir to mix it into the vegetables.

	Nutrition Facts
	Reprinted with permission from My New Orleans: The Cookbook, by John Besh., © September 2009 Andrews McMeel Publishing
	Serve over creamy Jalapeño Cheese Grits.
	Season with salt, pepper, and Tabasco, then add the green onions.
	Add the veal cutlets, cover, and simmer until the veal is fork tender, about 45 minutes.
	into the vegetables.
ш	Reduce the heat to moderate and stir the thyme, pepper flakes, bay leaf, and Worcestershire
	Increase heat to high, stir in the tomatoes and Veal Stock, and cook until it comes to a boil.

PROTEIN 37.01% FAT 40.23% CARBS 22.76%

#### **Properties**

Glycemic Index:57.17, Glycemic Load:24.65, Inflammation Score:-9, Nutrition Score:37.330434493397%

#### **Flavonoids**

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Luteolin: 0.2lmg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Kaempferol: 0.3lmg, Kaempferol: 0.3lmg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

### Nutrients (% of daily need)

Calories: 709.62kcal (35.48%), Fat: 30.98g (47.66%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 36.34g (13.22%), Sugar: 4.16g (4.63%), Cholesterol: 257.33mg (85.78%), Sodium: 513.84mg (22.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 64.13g (128.27%), Vitamin B3: 25.85mg (129.23%), Vitamin B6: 1.41mg (70.41%), Phosphorus: 695.29mg (69.53%), Vitamin B12: 4.05µg (67.53%), Zinc: 9.82mg (65.45%), Vitamin B2: 1.07mg (62.85%), Selenium: 39.03µg (55.76%), Vitamin B5: 4.31mg (43.07%), Vitamin B1: 0.62mg (41.58%), Potassium: 1305.62mg (37.3%), Folate: 142.14µg (35.54%), Vitamin C: 27.34mg (33.14%), Iron: 5.1mg (28.32%), Manganese: 0.56mg (27.76%), Magnesium: 97.22mg (24.31%), Copper: 0.47mg (23.39%), Vitamin A: 1148.55IU (22.97%), Vitamin K: 17.74µg (16.89%), Fiber: 3.11g (12.42%), Vitamin E: 1.63mg (10.86%), Calcium: 78.81mg (7.88%), Vitamin D: 0.25µg (1.64%)