



Slow-Cooked Veal Grillades

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup add carrot and onion to bacon fat . cook
- ☐ 1 bay leaves
- ☐ 0.5 bell pepper diced
- ☐ 6 servings pepper black freshly ground
- ☐ 1 stalk celery diced
- ☐ 2 cups flour
- ☐ 2 cloves garlic minced
- ☐ 2 spring onion chopped

- ☐ 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

Equipment

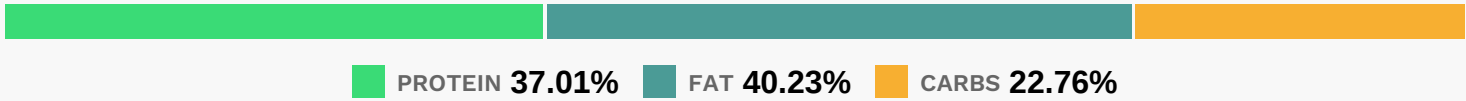
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ 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.

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

Nutrition Facts



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 Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg 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 %: 0% (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%)