



Veal Cacciatore

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce frangelico whole canned
- 2 medium carrots chopped
- 2 rib celery stalks chopped
- 0.3 ounce the following: parmesan rind) dried
- 0.7 cup wine dry white
- 3 garlic clove finely chopped
- 0.3 cup oil-cured olives black
- 0.3 cup olive oil divided

- 2 medium onion chopped
- 0.3 pound pancetta sliced chopped
- 8 servings polenta
- 5 pound beef shoulder roast boneless
- 2 turkish bay leaf

Equipment

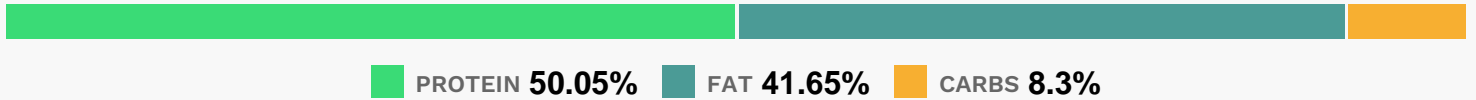
- bowl
- sauce pan
- oven
- pot
- sieve
- cutting board

Directions

- Preheat oven to 325°F with rack in middle.
- Bring wine to a simmer in a small saucepan. Stir in porcini and remove from heat.
- Pat veal dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Heat 2 tablespoons oil in a wide 6-to 8-quart heavy pot over medium-high heat until it shimmers, then brown veal, turning, about 12 minutes.
- Transfer veal to a plate. Discard fat from pot and add remaining 2 tablespoons oil.
- Add pancetta and sauté over medium-high heat until it begins to brown.
- Add onions and sauté until softened, about 8 minutes.
- Drain porcini in a fine-mesh sieve set over a bowl, pressing on mushrooms and reserving wine. Coarsely chop porcini and add to pancetta mixture with carrots, celery, and garlic. Sauté until softened, about 8 minutes. Stir in wine and cook until most has evaporated, about 2 minutes.
- Coarsely chop tomatoes and add to pot with their juice. Simmer, stirring occasionally, until thickened, about 15 minutes.
- Add veal with meat juices from plate, rosemary, bay leaves, and olives. Cover pot and braise veal in oven, turning roast occasionally, until center of meat is fork-tender, 2 3/4 to 3 hours.

- Transfer veal to a cutting board and let stand, loosely covered. Simmer sauce over medium heat, stirring occasionally, until thickened, about 10 minutes. Season with salt and a pinch of sugar if desired.
- Cut off strings from roast and discard bay leaves and rosemary. Thickly slice veal and return to pot, basting with sauce.
- Veal can be braised and sliced 1 day ahead and chilled in sauce (covered once cool). Gently reheat in sauce.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:38.139130302097%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 706.72kcal (35.34%), Fat: 31.16g (47.93%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.6g (4.58%), Sugar: 2.21g (2.45%), Cholesterol: 238.99mg (79.66%), Sodium: 387.73mg (16.86%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 84.25g (168.51%), Vitamin B12: 9.43µg (157.1%), Zinc: 23.16mg (154.43%), Selenium: 97.76µg (139.66%), Vitamin B6: 2.07mg (103.6%), Vitamin B3: 16.95mg (84.77%), Phosphorus: 755.17mg (75.52%), Vitamin A: 2611.08IU (52.22%), Iron: 8.79mg (48.83%), Vitamin B2: 0.67mg (39.17%), Potassium: 1220.83mg (34.88%), Vitamin B5: 2.51mg (25.12%), Magnesium: 86.82mg (21.7%), Vitamin B1: 0.31mg (20.59%), Copper: 0.39mg (19.56%), Vitamin E: 1.7mg (11.3%), Vitamin K: 11µg (10.48%), Manganese: 0.16mg (8.06%), Folate: 30.45µg (7.61%), Fiber: 1.38g (5.5%), Calcium: 53.52mg (5.35%), Vitamin C: 3.34mg (4.04%), Vitamin D: 0.37µg (2.5%)