



Veal Chops with Sherry Gastrique and Roasted Peperonata

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings flour
- ☐ 6 inch kosher salt
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 cups cooking sherry
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1.5 teaspoons ground allspice

- ☐ 0.3 cup chicken broth
- ☐ 2 tablespoons cooking fat divided
- ☐ 0.7 cup sherry vinegar

Equipment

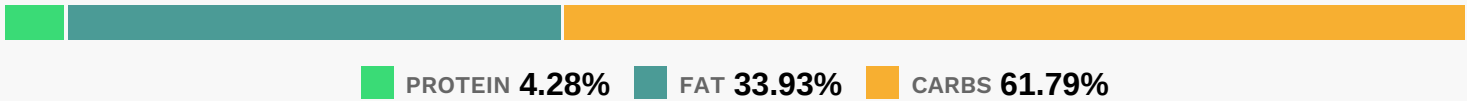
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Boil all ingredients in large saucepan until reduced to generous 2/3 cup, about 30 minutes. DO AHEAD: can be made 3 days ahead. Cool, cover, and chill.
- ☐ Preheat oven to 425°F.
- ☐ Sprinkle veal on each side with coarse salt, pepper, 1/8 teaspoon allspice, 1/2 teaspoon thyme; dust generously with flour.
- ☐ Heat 1 tablespoon chicken fat in heavy large nonstick skillet over medium-high heat.
- ☐ Add 3 chops. Sear until brown, 3 to 4 minutes per side.
- ☐ Transfer to rimmed baking sheet. Repeat with remaining veal chops.
- ☐ Place chops in oven and roast until cooked to desired doneness, about 5 minutes for medium-rare (135°F).
- ☐ Transfer chops to plates. Reserve baking sheet.
- ☐ Meanwhile, stir broth and cornstarch in small bowl to dissolve.
- ☐ Pour off all but 1 tablespoon drippings from skillet.
- ☐ Add broth mixture, gastrique, and any juices from baking sheet to skillet. Bring to boil, scraping up browned bits. Boil until sauce thickens to desired consistency.
- ☐ Spoon gastrique over each chop.
- ☐ Serve with peperonata and remaining gastrique.

This dish needs a red wine with good acidity. The HAGAFEN 2008 NAPA VALLEY PINOT NOIR is top tier, and it's kosher. (California, \$32).

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.6, Inflammation Score:-9, Nutrition Score:3.093478259833%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.85kcal (8.94%), Fat: 4.49g (6.91%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.77g (6.46%), Sugar: 9.7g (10.77%), Cholesterol: 3.63mg (1.21%), Sodium: 52.17mg (2.27%), Alcohol: 8.24g (100%), Alcohol %: 7.25% (100%), Protein: 1.28g (2.55%), Manganese: 0.22mg (10.9%), Iron: 1.22mg (6.78%), Vitamin C: 4.06mg (4.93%), Vitamin B1: 0.06mg (4.3%), Magnesium: 16.09mg (4.02%), Selenium: 2.77µg (3.96%), Folate: 15.85µg (3.96%), Vitamin B3: 0.78mg (3.88%), Vitamin B2: 0.06mg (3.78%), Potassium: 118.1mg (3.37%), Phosphorus: 32.03mg (3.2%), Calcium: 30.84mg (3.08%), Vitamin B6: 0.06mg (2.88%), Fiber: 0.64g (2.57%), Vitamin A: 113.56IU (2.27%), Copper: 0.04mg (2.18%), Zinc: 0.22mg (1.47%), Vitamin D: 0.2µg (1.37%)