



Veal Marsala with Egg Fettuccini

READY IN



25 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef stock canned
- 4 tablespoons butter
- 24 crimini mushrooms thinly sliced (baby portobello)
- 1 leaf flat parsley finely chopped for garnish
- 0.5 cup flour
- 1 cup plum brandy
- 0.3 cup olive oil extra-virgin
- 4 servings salt and pepper
- 2 small shallots chopped

- 1.5 pounds veal cutlets for scaloppini, from the butcher counter
- 1 box cooked

Equipment

- frying pan
- plastic wrap
- stove
- cutting board
- meat tenderizer

Directions

- Season veal with salt and pepper.
- Place a large piece of plastic food wrap on a cutting board or work surface. Arrange veal between cutlets on the plastic wrap. Cover veal with additional plastic wrap and a sheet of waxed paper. Gently pound out veal with meat mallet or a small, heavy frying pan. Fold veal up in its plastic and waxed paper wrapper and set aside.
- Preheat a large skillet over medium high heat. Build an assembly line between the veal and the hot pan: veal, shallow dish with flour, butter and olive oil, pile of shallots and sliced mushrooms, Marsala and beef stock.
- Place a large platter over low heat on the burner adjacent to your veal pan. Warm it, then turn off the heat.
- Begin cooking the veal Marsala just before your egg fettucini goes into cooking water; the veal will take 12 minutes, the pasta 7 or
- If you are serving the suggested side dishes or a salad, these dishes should be assembled before the veal.
- Dredge the veal lightly in flour.
- Saute cutlets in a single layer 2 minutes on each side. For each batch of veal, use 1 tablespoon extra virgin olive oil, 1 turn of the pan, and 1 tablespoon butter.
- Transfer cooked cutlets to the warm serving platter. If you have a 12 to 14-inch skillet, you should be able to make just 2 batches.
- Add another tablespoon extra-virgin oil and 1 tablespoon butter to the skillet.

- Add half of the chopped shallots and all of the sliced mushrooms to the pan and season with salt and pepper.
- Saute the shallots and mushrooms for 5 minutes.
- Add Marsala to the pan and bring up pan drippings.
- Add 1/4 cup beef stock and when it bubbles, add 1 tablespoon butter to the pan to gloss your sauce. Spoon mushrooms and Marsala down over the veal. Return the pan to the stove.
- Add remaining extra-virgin oil, butter and remaining shallots to the skillet. Cook shallots 1 to 2 minutes.
- Add remaining 1/4 cup beef stock to the shallots and add the egg fettucini to the pan. Toss fettuccini with broth and butter and season with salt and chopped parsley.
- Transfer pasta to a serving dish and serve with warm veal Marsala.

Nutrition Facts

PROTEIN 30.09%

FAT 49.63%

CARBS 20.28%

Properties

Glycemic Index:57.75, Glycemic Load:9.22, Inflammation Score:-7, Nutrition Score:30.46521732859%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 611.96kcal (30.6%), Fat: 30.42g (46.8%), Saturated Fat: 11.12g (69.52%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 26.41g (9.6%), Sugar: 7.94g (8.82%), Cholesterol: 162.99mg (54.33%), Sodium: 465.25mg (20.23%), Alcohol: 9.18g (100%), Alcohol %: 2.66% (100%), Protein: 41.49g (82.97%), Vitamin B3: 21.93mg (109.67%), Selenium: 52.95µg (75.65%), Vitamin B2: 1.17mg (68.84%), Phosphorus: 561.4mg (56.14%), Vitamin B6: 0.98mg (49.11%), Copper: 0.86mg (43.02%), Potassium: 1336.56mg (38.19%), Vitamin B5: 3.76mg (37.63%), Zinc: 5.51mg (36.7%), Vitamin B12: 1.91µg (31.89%), Vitamin B1: 0.4mg (26.82%), Folate: 88.13µg (22.03%), Manganese: 0.44mg (21.86%), Vitamin K: 20.02µg (19.07%), Vitamin E: 2.81mg (18.74%), Magnesium: 69.14mg (17.29%), Iron: 3.02mg (16.8%), Vitamin A: 371.58IU (7.43%), Fiber: 1.56g (6.23%), Calcium: 48.32mg (4.83%), Vitamin C: 1.33mg (1.62%)