



Veal or Lamb Paprikash

READY IN



210 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef stock (if using veal) (if using lamb)
- 6 tablespoons butter cut into pieces
- 0.5 cup caperberries drained for garnish, optional
- 1 cup crème fraîche for garnish
- 1.5 cups cooking wine dry white dry red (if using veal) (if using lamb)
- 4 servings evoo for drizzling
- 4 servings flour all-purpose for dredging
- 2 large bay leaves fresh
- 2 large cloves garlic crushed

- 1 bell pepper green seeded coarsely chopped
- 1.5 teaspoons ground cumin
- 1 large heirloom organic chopped
- 2.5 pounds boned shank meat cut into bite-size cubes, or 2 1/2 pounds lamb shoulder or boned leg meat, cut into bite-size cubes
- 3 onions chopped
- 1 bell pepper red seeded coarsely chopped
- 4 servings salt and pepper freshly ground
- 3 tablespoons paprika sweet

Equipment

- paper towels
- oven
- pot
- aluminum foil
- dutch oven
- immersion blender

Directions

- Preheat the oven to 350 degrees F.
- Bring the meat to room temperature. Pat the meat dry with paper towels, then sprinkle liberally with salt and pepper and dredge in flour.
- Heat a drizzle of EVOO in a large Dutch oven over medium-high heat.
- Add the meat in batches and cook until deep brown all over.
- Transfer to a plate.
- Add another drizzle of EVOO to the pot and reduce the heat to medium.
- Add the butter and let it melt into the oil.
- Add the onions and cook until very tender, 15 to 20 minutes.

- Add 3 tablespoons paprika, the cumin, garlic, bay leaves, bell peppers and tomatoes, and stir to combine and heat through, 1 to 2 minutes.
- Add the stock and wine then return the meat to the pot. Cover with a lid, transfer the pot to the oven and cook until the meat is tender, about 2 hours.
- Remove the meat to a platter and cover with foil. Using an immersion blender, puree the sauce in the pot. Stir in the creme fraiche and cook until the sauce is reduced, 20 to 30 minutes. Return the meat to the pot. (If you are not serving immediately, cool the stew and then refrigerate until ready to use. Reheat in a moderate oven or over a medium flame.) Just before serving, stir in the remaining 1 teaspoon paprika to brighten the flavor.
- For garnish, fry the caperberries in a little EVOO until crisp. Top the stew with a few dollops of creme fraiche and the fried caperberries. (The green, red and white colors signify the Hungarian flag.)
- Any leftover stew is great for lunch or with poached eggs.

Nutrition Facts

PROTEIN 22.26%

FAT 61.8%

CARBS 15.94%

Properties

Glycemic Index:74.25, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:41.101304303045%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 29.34mg, Kaempferol: 29.34mg, Kaempferol: 29.34mg, Kaempferol: 29.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 55.54mg, Quercetin: 55.54mg, Quercetin: 55.54mg, Quercetin: 55.54mg

Nutrients (% of daily need)

Calories: 837.35kcal (41.87%), Fat: 53.98g (83.05%), Saturated Fat: 22.42g (140.1%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 25.4g (9.24%), Sugar: 11.6g (12.89%), Cholesterol: 196.08mg (65.36%), Sodium: 1221.98mg (53.13%), Alcohol: 9.27g (100%), Alcohol %: 1.74% (100%), Protein: 43.74g (87.48%), Vitamin A: 4936.7IU (98.73%), Vitamin C: 76.57mg (92.81%), Vitamin B12: 4.93µg (82.09%), Vitamin B3: 14.26mg (71.29%), Selenium: 48.78µg (69.69%), Zinc: 8.59mg (57.27%), Phosphorus: 502.84mg (50.28%), Vitamin B2: 0.81mg (47.38%), Vitamin B6: 0.82mg (41.2%), Vitamin E: 5.73mg (38.23%), Iron: 6.56mg (36.43%), Potassium: 1247.37mg (35.64%),

Manganese: 0.59mg (29.44%), Vitamin B1: 0.44mg (29.24%), Folate: 113.04µg (28.26%), Vitamin K: 28.57µg (27.21%), Magnesium: 104.62mg (26.15%), Copper: 0.49mg (24.74%), Fiber: 5.94g (23.75%), Vitamin B5: 1.99mg (19.88%), Calcium: 156.2mg (15.62%)