

 food
network

Veal Oscar

READY IN



45 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus spears ends trimmed
- ☐ 0.5 teaspoon pepper black
- ☐ 1 stick butter melted
- ☐ 2 tablespoons butter divided
- ☐ 0.3 cup champagne vinegar
- ☐ 1 pound king crab legs
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 egg yolks
- ☐ 0.5 cup flour

- ☐ 0.3 cup tarragon fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 slices optional: lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots chopped
- ☐ 2 shallots minced
- ☐ 6 veal cutlets
- ☐ 4 servings water
- ☐ 4 servings white wine

Equipment

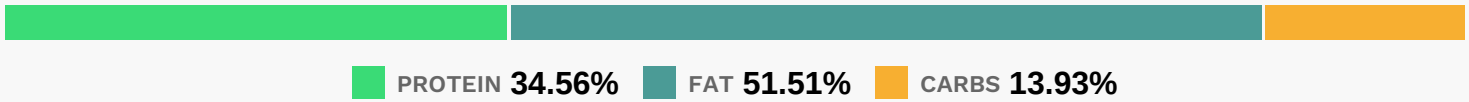
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Blanch asparagus tips in simmering water, drain and set aside. Poach crab legs in water, white wine and lemon slices for 5 minutes, then shell with a crab cracker and reserve.
- ☐ In a shallow dish combine flour, salt and pepper; coat pieces of veal. In a saute pan over medium heat, melt 1 tablespoon of butter and fry cutlets 3 minutes each side until golden brown.
- ☐ Remove the veal to a warm platter. Using the same pan, melt remaining butter. Stir in shallots and tarragon.
- ☐ Add olive oil, asparagus and crab.
- ☐ Saute 2 minutes to warm.
- ☐ To serve: place asparagus and crab on top of each cutlet.

- ☐ Drizzle each with Bearnaise Sauce.
- ☐ Serve hot.
- ☐ In a small saucepan, combine the tarragon, shallots, vinegar and wine over medium-high heat. Bring to a simmer and cook until reduced by half.
- ☐ Remove from heat and set aside.
- ☐ Place a stainless steel bowl in a saucepan containing simmering water, or use a double boiler.
- ☐ Whisk the egg yolks until doubled in volume. Slowly add the melted butter, continue beating until sauce is thickened. Stir in reserved shallot reduction. Season with salt and pepper, set aside wrapped in a warm spot.
- ☐ Serve with Veal Oscar.

Nutrition Facts



Properties

Glycemic Index:123.63, Glycemic Load:12.21, Inflammation Score:-9, Nutrition Score:46.783913176993%

Flavonoids

Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

Nutrients (% of daily need)

Calories: 893.57kcal (44.68%), Fat: 44.37g (68.26%), Saturated Fat: 23.09g (144.34%), Carbohydrates: 27g (9%), Net Carbohydrates: 23.14g (8.41%), Sugar: 5.33g (5.92%), Cholesterol: 432.39mg (144.13%), Sodium: 1435.1mg (62.4%), Alcohol: 16.69g (100%), Alcohol %: 2.34% (100%), Protein: 66.98g (133.95%), Vitamin B3: 27.03mg (135.16%), Vitamin B12: 5.53µg (92.11%), Vitamin B6: 1.64mg (81.99%), Phosphorus: 817.3mg (81.73%), Selenium: 49.69µg (70.99%), Vitamin B2: 1.11mg (65.57%), Zinc: 9.11mg (60.71%), Vitamin K: 62.67µg (59.68%), Manganese: 1.05mg (52.73%), Potassium: 1599.34mg (45.7%), Iron: 8.08mg (44.86%), Folate: 177.79µg (44.45%), Copper: 0.88mg (44.13%), Vitamin A: 2142.75IU (42.85%), Vitamin B5: 3.78mg (37.81%), Vitamin B1: 0.56mg (37.2%), Magnesium: 141.58mg (35.4%), Vitamin E: 3.73mg (24.86%), Calcium: 168.84mg (16.88%), Vitamin C: 13.26mg

(16.07%), Fiber: 3.86g (15.45%), Vitamin D: 0.73μg (4.86%)