



Veal Prince Orloff

READY IN



120 min.

SERVINGS



8

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.5 teaspoon pepper black
- 1 large carrots finely chopped
- 1 rib celery stalks finely chopped
- 0.3 cup chicken broth
- 1 cup wine dry white
- 6 tablespoons flour all-purpose
- 6 sprigs parsley fresh
- 6 sprigs thyme dried fresh crumbled

- 0.3 cup gruyere cheese grated
- 8 servings haricots verts boiled
- 0.3 cup cup heavy whipping cream
- 4.5 pound pork loin boneless
- 1 pound mushrooms (with a knife) minced
- 0.1 teaspoon nutmeg freshly grated
- 1 medium onion finely chopped
- 3 cups onion halved lengthwise thinly sliced
- 0.3 teaspoon salt to taste
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 bay leaves
- 2 tablespoons butter unsalted
- 3 tablespoons butter unsalted
- 4.5 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 0.3 cup rice long-grain white
- 1.5 cups milk whole
- 0.5 ounce frangelico black finely chopped
- 0.5 ounce frangelico black finely chopped

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk

- pot
- sieve
- plastic wrap
- kitchen thermometer
- aluminum foil
- ziploc bags
- kitchen towels
- tongs
- cutting board
- cheesecloth
- gravy boat

Directions

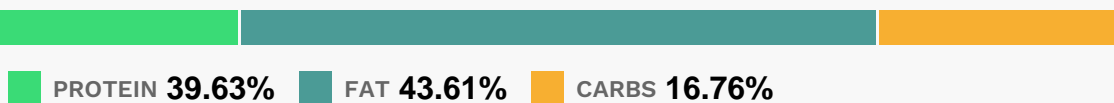
- Position oven racks in upper and lower thirds of oven and preheat to 325F.
- Pat veal dry and sprinkle with salt and pepper.
- Heat oil and 1 tablespoon butter in 5- to 6-quart pot over moderately high heat until foam subsides, then brown veal on all sides, turning with tongs, about 10 minutes.
- Transfer veal to a plate and discard fat from pot.
- Melt remaining tablespoon butter in pot and cook onion, celery, and carrot over moderate heat, stirring and scraping up any brown bits, until softened, about 5 minutes.
- Wrap parsley, fresh thyme (if using), and bay leaf in a square of cheesecloth and tie into a bundle with string to make a bouquet garni, then add to vegetables along with wine and dried thyme (if using). Put veal on top and bring to a simmer.
- Cover pot with lid, then transfer to lower third of oven and braise veal until thermometer inserted 2 inches into center of meat registers 145F, about 1 1/2 hours.
- Transfer veal to a cutting board and let stand 30 minutes (internal temperature will rise to 155F).
- Pour cooking juices from pot through a fine-mesh sieve into a 4-cup measure, pressing on and discarding solids. Skim off fat and reserve juices, adding any juices that have accumulated on plate from veal, for Mornay sauce.

- Parcook rice in a large saucepan of boiling salted water 5 minutes, then drain in a sieve and rinse.
- Heat butter in a 10-inch ovenproof skillet over moderately low heat until foam subsides, then stir in onions and salt. Cover tightly with a lid or a double layer of foil and cook onions over low heat, stirring occasionally, 5 minutes. Stir in rice and broth and bring to a simmer.
- Cover skillet tightly, then transfer to upper third of oven and bake until rice and onions are very soft, about 1 hour. (Leave oven on.)
- Transfer soubise to a food processor and pulse until coarsely pured.
- Transfer to a bowl to cool.
- Put a handful of mushrooms in a clean kitchen towel (not terry cloth), then gather towel around mushrooms and wring them over sink to squeeze out as much liquid as possible. Wring out remaining mushrooms, a handful at a time, in same manner.
- Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then saut mushrooms and truffles (if using), stirring, until lightly browned and any liquid mushrooms give off is evaporated, 6 to 8 minutes. Stir in cream, salt, and pepper and cook, stirring, until cream is absorbed by mushrooms, about 1 minute.
- Transfer to a bowl and cool.
- Add enough milk to reserved veal juices to total 3 cups. Melt butter in a 2-quart heavy saucepan over moderately low heat, then add flour and cook over low heat, whisking constantly, 3 minutes.
- Add milk mixture in a stream, whisking, and bring to a boil, whisking. Reduce heat to low and gently simmer, whisking occasionally, 10 minutes.
- Remove from heat and add Gruyere, whisking until melted, then whisk in salt, pepper, and nutmeg.
- Move top rack to middle of oven and increase temperature to 375F.
- Stir 1/4 cup soubise into duxelles, then transfer remaining soubise to a sealable plastic bag.
- Transfer duxelles mixture to other sealable plastic bag, then seal each bag, squeezing out excess air. Snip off 3/4 inch from a bottom corner of each bag.
- Remove string from veal, then trim off fat layer and ends of veal and discard.
- Cut roast crosswise into 16 slices (1/4 inch thick), keeping slices together.
- Transfer 1 slice of veal to end of ovenproof platter, then pipe about 1 1/2 tablespoons soubise onto half of slice, starting at bottom of slice and working toward top. Pipe about 1 1/2 tablespoons duxelles on other half of slice in same manner. Overlap with another slice of veal,

leaving about 1/2 inch of stuffing exposed. Repeat with remaining veal slices and remaining soubise and duxelles, keeping slices aligned.

- If necessary, heat Mornay sauce over low heat, stirring, until loose enough to spoon, then spoon 1/2 to 3/4 cup over top and sides of veal, covering slices and stuffings thinly but completely.
- Bake veal Orloff, uncovered, until heated through and Mornay sauce glazes veal, 15 to 30 minutes.
- Heat remaining Mornay sauce over moderate heat, stirring occasionally (thin with a little milk, if necessary), until hot and transfer to a gravy boat to serve on the side.
- Cooks' notes: Veal can be braised (but not sliced) 1 day ahead and cooled, uncovered, then chilled, covered. Soubise, duxelles, and Mornay sauce can be made 1 day ahead. Cool soubise and duxelles, uncovered, then chill, covered. Cover surface of hot Mornay sauce with a round of wax or parchment paper, then cool slightly and chill. Veal Orloff can be assembled (without Mornay sauce) 4 hours ahead and chilled, covered with plastic wrap. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:11.07, Inflammation Score:-10, Nutrition Score:41.370869760928%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg

Nutrients (% of daily need)

Calories: 685.94kcal (34.3%), Fat: 32.08g (49.36%), Saturated Fat: 15.73g (98.31%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 23.58g (8.57%), Sugar: 9.3g (10.34%), Cholesterol: 216.63mg (72.21%), Sodium: 748.8mg (32.56%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 65.6g (131.2%), Selenium: 81.9µg (117%), Vitamin B6: 2.23mg (111.75%), Vitamin B1: 1.35mg (90.02%), Vitamin B3: 17.91mg (89.54%), Phosphorus: 779.09mg (77.91%),

Vitamin B2: 0.93mg (54.79%), Vitamin K: 55.54µg (52.9%), Vitamin A: 2629.66IU (52.59%), Potassium: 1522.1mg (43.49%), Zinc: 5.83mg (38.84%), Vitamin B5: 3.35mg (33.5%), Vitamin B12: 1.7µg (28.35%), Magnesium: 110.62mg (27.66%), Manganese: 0.52mg (26.01%), Copper: 0.44mg (22.15%), Iron: 3.84mg (21.33%), Calcium: 197.98mg (19.8%), Vitamin C: 15.32mg (18.57%), Fiber: 4.16g (16.65%), Folate: 59.38µg (14.85%), Vitamin D: 2.04µg (13.59%), Vitamin E: 1.35mg (8.99%)