



Veal Prince Orloff

READY IN



300 min.

SERVINGS



8

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 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
- ☐ 0.5 teaspoon salt
- ☐ 1 bay leaves
- ☐ 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 325°F.
- ☐ 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 145°F, about 1 1/2 hours.
- ☐ Transfer veal to a cutting board and let stand 30 minutes (internal temperature will rise to 155°F).
- ☐ 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.)

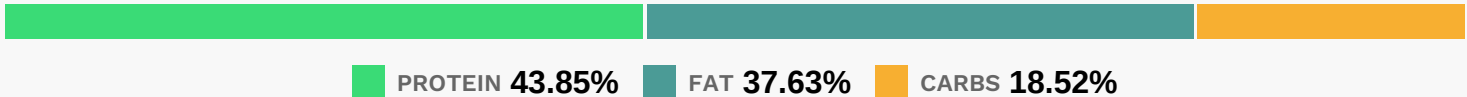
- ☐ Transfer soubise to a food processor and pulse until coarsely puréed.
- ☐ Transfer to a bowl to cool.
- ☐ Put a handful of mushrooms in a clean kitchen towel (not terry cloth), then gather towel around mushrooms and wring them over sink to squeeze out as much liquid as possible. Wring out remaining 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 sauté 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 Gruyère, whisking until melted, then whisk in salt, pepper, and nutmeg.
- ☐ Move top rack to middle of oven and increase temperature to 375°F.
- ☐ 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.
- ☐
- 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:66.75, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:40.930435014808%

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: 622.89kcal (31.14%), Fat: 24.98g (38.43%), Saturated Fat: 11.23g (70.21%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 23.53g (8.56%), Sugar: 9.3g (10.33%), Cholesterol: 197.81mg (65.94%), Sodium: 384.46mg (16.72%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 65.51g (131.02%), Selenium: 81.8µg (116.86%), Vitamin B6: 2.23mg (111.72%), Vitamin B1: 1.35mg (89.98%), Vitamin B3: 17.9mg (89.51%), Phosphorus: 776.8mg (77.68%), Vitamin B2: 0.93mg (54.61%), Vitamin K: 54.73µg (52.12%), Vitamin A: 2410.31IU (48.21%), Potassium: 1518.26mg (43.38%), Zinc: 5.82mg (38.77%), Vitamin B5: 3.34mg (33.39%), Vitamin B12: 1.69µg (28.1%), Magnesium: 110.22mg (27.56%), Manganese: 0.5mg (25.15%), Copper: 0.44mg (21.98%), Iron: 3.82mg (21.24%), Calcium: 195.11mg (19.51%), Vitamin C: 15.32mg (18.57%), Fiber: 4.13g (16.53%), Folate: 59.1µg (14.77%), Vitamin D: 1.91µg (12.72%), Vitamin E: 1.14mg (7.62%)