



Veal Rib Chops with Caramelized Fennel and Figs

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth canned
- ☐ 2 medium fennel bulb with fronds (12 ounces), trimmed, bulbs halved lengthwise, fronds chopped
- ☐ 12 figs dried black
- ☐ 1.8 cups chicken broth canned
- ☐ 1 cup port wine
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 2 tablespoons shallots minced

- ☐ 1 teaspoon sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 16 ounce veal loin chops thick (each)

Equipment

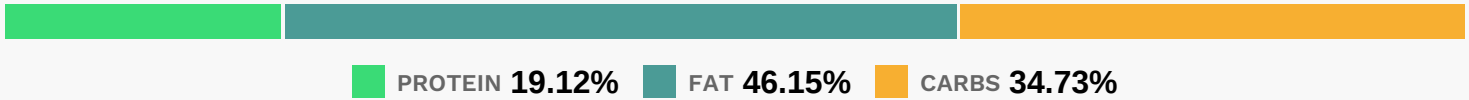
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Bring chicken broth and fennel bulbs to simmer in heavy large saucepan over medium heat. Simmer until tender, about 10 minutes.
- ☐ Remove from heat; mix in figs and let stand 10 minutes. Strain; reserve liquid, fennel and figs separately.
- ☐ Melt 1 tablespoon butter in heavy large skillet over medium-low heat.
- ☐ Transfer fennel bulbs to skillet, cut side down.
- ☐ Sprinkle with 1/2 teaspoon sugar, salt and pepper. Cook until cut side is brown, about 2 minutes. Turn fennel over; sprinkle with remaining 1/2 teaspoon sugar, salt and pepper. Cook until brown and beginning to soften, about 4 minutes. Using slotted spoon, transfer fennel to 8x8x2-inch glass baking dish.
- ☐ Add 1/4 cup reserved liquid and pumpkin pie spice to skillet. Bring to boil, scraping up browned bits; pour liquid over fennel in baking dish.
- ☐ Place figs between fennel bulbs. Dot with 1 tablespoon butter. Cover baking dish with foil. Set aside.

- ☐ Combine beef broth, shallot and remaining reserved liquid in heavy small saucepan; bring to boil. Reduce heat to medium; simmer until liquid is reduced to 1/4 cup, about 20 minutes.
- ☐ Add Port and simmer until liquid is reduced to 1/4 cup, about 20 minutes. (Fennel-fig mixture and Port sauce can be made 2 hours ahead; let stand at room temperature.)
- ☐ Preheat oven to 350°F.
- ☐ Bake fennel until very tender, about 40 minutes.
- ☐ Remove from oven; keep covered. Maintain oven temperature.
- ☐ Sprinkle veal with salt and pepper. Melt 1 tablespoon butter in large ovenproof skillet over medium-high heat. Cook veal until brown, about 3 minutes per side.
- ☐ Transfer to oven. Roast until thermometer inserted into center of veal chop registers 150°F, about 8 minutes.
- ☐ Transfer veal to 2 plates. Top with baked fennel-fig mixture. Bring Port sauce to simmer; add remaining 3 tablespoons butter and whisk just until melted. Season sauce with salt and pepper; pour over veal.
- ☐ Garnish with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:103.05, Glycemic Load:36.06, Inflammation Score:-9, Nutrition Score:46.650869410971%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Petunidin: 7.96mg, Petunidin: 7.96mg, Petunidin: 7.96mg, Petunidin: 7.96mg Delphinidin: 4.68mg, Delphinidin: 4.68mg, Delphinidin: 4.68mg, Delphinidin: 4.68mg Malvidin: 113.8mg, Malvidin: 113.8mg, Malvidin: 113.8mg, Malvidin: 113.8mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.72mg, Peonidin: 4.72mg, Peonidin: 4.72mg, Peonidin: 4.72mg Catechin: 16.6mg, Catechin: 16.6mg, Catechin: 16.6mg, Catechin: 16.6mg Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Quercetin: 19.28mg, Quercetin: 19.28mg, Quercetin: 19.28mg, Quercetin: 19.28mg

Nutrients (% of daily need)

Calories: 1210.35kcal (60.52%), Fat: 57.58g (88.59%), Saturated Fat: 31.22g (195.12%), Carbohydrates: 97.49g (32.5%), Net Carbohydrates: 81.18g (29.52%), Sugar: 70.53g (78.36%), Cholesterol: 269.47mg (89.82%), Sodium:

619.38mg (26.93%), Alcohol: 18.36g (100%), Alcohol %: 1.94% (100%), Protein: 53.67g (107.34%), Vitamin K: 176.62µg (168.21%), Vitamin B3: 25.53mg (127.63%), Vitamin B6: 1.71mg (85.72%), Potassium: 2719.79mg (77.71%), Phosphorus: 707.25mg (70.72%), Fiber: 16.31g (65.24%), Manganese: 1.11mg (55.58%), Vitamin B2: 0.88mg (51.9%), Vitamin B12: 2.84µg (47.29%), Vitamin B5: 4.52mg (45.17%), Zinc: 6.55mg (43.69%), Vitamin C: 34.94mg (42.35%), Magnesium: 160.29mg (40.07%), Copper: 0.75mg (37.69%), Vitamin A: 1790.19IU (35.8%), Selenium: 23.11µg (33.02%), Iron: 5.48mg (30.42%), Calcium: 292.91mg (29.29%), Folate: 116.58µg (29.15%), Vitamin B1: 0.39mg (26.23%), Vitamin E: 3.26mg (21.73%), Vitamin D: 0.63µg (4.2%)