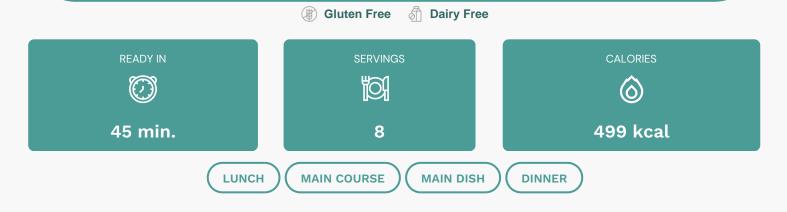


Veal Roasted with Shallots, Fennel and Vin Santo



Ingredients

I tablespoon kosner sait
1 tablespoon thyme dried
7.5 cups fennel bulb fresh thinly sliced (from 3 large bulbs)
1 tablespoon thyme sprigs fresh chopped
O.5 teaspoon pepper white
4 tablespoons olive oil divided
3.3 pound beef shoulder roast, boneless

	2 pounds shallots thinly sliced
	500 ml frangelico
	500 ml frangelico
Equipment	
	bowl
	oven
	pot
	kitchen thermometer
Di	rections
	Preheat oven to 375°F.
	Mix salt, dried thyme, and white pepper in small bowl. Rub 1 tablespoon oil over roast. Rub salt
	mixture over roast.
	Heat 2 tablespoons olive oil in heavy large pot over medium-high heat.
	Add meat and cook until golden brown on all sides, about 5 minutes.
	Transfer roast to plate.
	Add remaining 1 tablespoon oil, shallots, and fennel to same pot. Sauté until vegetables are golden brown, stirring frequently and scraping up browned bits, about 12 minutes.
	Add Vin Santo; boil 3 minutes. Return veal to pot, nestling into vegetables, and top with some of vegetables. Cover; roast until instant-read thermometer inserted into center of veal registers 165°F, about 1 hour 15 minutes.
	Transfer veal to platter.
	Mix fresh thyme into vegetables. Season cooking liquid with salt and pepper. Spoon vegetables and cooking liquid around roast.
	Market Tip
	Look for fresh green shallots with glossy tight skins at farmers' markets.

Nutrition Facts

Properties

Glycemic Index:15, Glycemic Load:6.21, Inflammation Score:-9, Nutrition Score:37.57956501712%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.19mg, Quercetin: 0.19mg, Qu

Nutrients (% of daily need)

Calories: 499.45kcal (24.97%), Fat: 18.85g (29%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 19.13g (6.96%), Sugar: 12.14g (13.49%), Cholesterol: 149.26mg (49.75%), Sodium: 1053.88mg (45.82%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 56.54g (113.09%), Zinc: 15.46mg (103.09%), Vitamin B12: 6.08µg (101.35%), Selenium: 62.03µg (88.62%), Vitamin B6: 1.69mg (84.52%), Vitamin K: 67.86µg (64.63%), Phosphorus: 569.81mg (56.98%), Vitamin B3: 11.13mg (55.66%), Iron: 8.23mg (45.71%), Potassium: 1411.65mg (40.33%), Manganese: 0.57mg (28.64%), Vitamin B2: 0.46mg (26.87%), Fiber: 6.5g (25.99%), Vitamin C: 20.54mg (24.89%), Magnesium: 88.22mg (22.06%), Vitamin B5: 1.89mg (18.85%), Folate: 75.25µg (18.81%), Copper: 0.36mg (18.09%), Vitamin B1: 0.23mg (15.11%), Vitamin E: 1.78mg (11.9%), Calcium: 117.97mg (11.8%), Vitamin A: 181.77IU (3.64%), Vitamin D: 0.18µg (1.23%)