



Veal Shoulder with Porcini Mushrooms, Garlic and Rosemary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 cup canned tomatoes canned drained chopped
- ☐ 0.8 ounce the following: parmesan rind) dried
- ☐ 0.5 cup wine dry red
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 8 large garlic clove

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups chicken broth canned
- ☐ 0.3 cup olive oil
- ☐ 5 pound beef shoulder roast
- ☐ 3 tablespoons tomato paste
- ☐ 2 pounds veal knuckle bones

Equipment

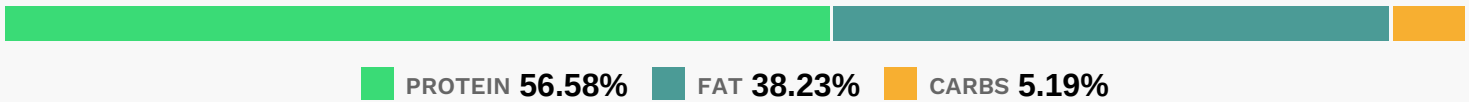
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Grind mushrooms to powder in coffee or spice mill. Coarsely chop garlic, rosemary, thyme, salt and pepper in processor. Set aside 1 tablespoon garlic mixture; press remainder, 1/2 teaspoon at a time, into center of veal through openings of string (or poke holes in veal and push garlic mixture in). Coat outside of veal with mushroom powder.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add bones and brown well, about 8 minutes.
- ☐ Transfer bones to bowl.
- ☐ Add veal to pot. Brown on all sides, about 5 minutes.
- ☐ Add reserved 1 tablespoon garlic mixture and any remaining mushroom powder to pot around veal and stir 1 minute. Arrange bones around veal.
- ☐ Add broth, wine, tomatoes, tomato paste and vinegar. Bring to boil. Cover; place in oven and roast until veal is tender, turning veal every 30 minutes, about 2 hours. Cool veal uncovered 1 hour. Discard bones. Refrigerate until cold, then cover and keep refrigerated 1 day. Scrape off fat from surface of sauce.

- ☐
- Transfer veal to work surface, scraping any sauce back into pot.
- ☐
- Remove strings.
- ☐
- Cut veal crosswise into scant 1/2-inch-thick slices. Overlap slices in large baking dish. Boil sauce until reduced to 3 1/2 cups, about 20 minutes. Season to taste with salt and pepper. Spoon sauce over veal. (Can be prepared 2 days ahead. Cover with foil and chill.)
- ☐
- Preheat oven to 350°F.
- ☐
- Bake veal covered until heated, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:37.198260856711%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 621kcal (31.05%), Fat: 25.32g (38.96%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 6.63g (2.41%), Sugar: 1.94g (2.15%), Cholesterol: 229.63mg (76.54%), Sodium: 587.85mg (25.56%), Alcohol: 1.58g (100%), Alcohol %: 0.35% (100%), Protein: 84.31g (168.62%), Vitamin B12: 9.47µg (157.89%), Zinc: 23.22mg (154.81%), Selenium: 94.49µg (134.98%), Vitamin B6: 2.05mg (102.26%), Vitamin B3: 18.31mg (91.57%), Phosphorus: 765.2mg (76.52%), Iron: 9.32mg (51.77%), Vitamin B2: 0.71mg (41.9%), Potassium: 1325.07mg (37.86%), Copper: 0.57mg (28.37%), Vitamin B5: 2.76mg (27.55%), Magnesium: 86.78mg (21.7%), Vitamin B1: 0.26mg (17.09%), Vitamin E: 1.76mg (11.75%), Manganese: 0.2mg (10.04%), Vitamin K: 10.34µg (9.85%), Folate: 27.64µg (6.91%), Vitamin C: 5.19mg (6.29%), Calcium: 57.44mg (5.74%), Fiber: 1.09g (4.37%), Vitamin A: 185.19IU (3.7%), Vitamin D: 0.39µg (2.58%)