



Veal Strudel with Applesauce

READY IN



209 min.

SERVINGS



6

CALORIES



799 kcal

Ingredients

- ☐ 4 ounces butter cold
- ☐ 2 carrots cubed
- ☐ 4 cherry peppers red cut into 1/4-inch cubes
- ☐ 2 egg yolks beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup chives fresh
- ☐ 2 ounces grappa
- ☐ 8 apples green cored peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground cinnamon

- ☐ 0.3 tablespoon ground cloves
- ☐ 0.5 cup ice water
- ☐ 1 juice of lemon juiced
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 2 tablespoons paprika
- ☐ 2 cups red wine
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper
- ☐ 7 ounces speck cut into 1/4-inch cubes
- ☐ 0.5 cup sugar
- ☐ 2 pounds veal shoulder with salt and pepper cut into 1-inch cubes and seasoned
- ☐ 4 tablespoons lard
- ☐ 4 tablespoons lard

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ In a heavy-bottomed casserole, heat the lard until smoking.
- ☐ Add the veal pieces, 5 or 6 at a time, and cook until golden brown.
- ☐ Remove and add the carrots, onion, peppers, paprika, speck, cloves, cinnamon, and cook until softened, about 8 to 10 minutes.
- ☐ Add the wine and bring to a boil.

- ☐ Add the meat and return to a boil. Lower the heat and simmer for 1 to 1 1/2 hours, until the meat is very tender. Season with salt and pepper and allow to chill 4 hours in a refrigerator.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Roll out the strudel dough into a 10 by 14-inch rectangle.
- ☐ Place the cold veal stew in center and roll up like a strudel. Save cut scrap pieces of dough to garnish the strudel with a design or the name of a loved one (?Billy Bob?, for example).
- ☐ Brush with beaten egg yolks, place on a cookie sheet and bake for 50 to 60 minutes, until golden brown and piping hot inside. Allow to rest 10 minutes and serve with green applesauce.
- ☐ In a food processor, place 4 ounces butter, 1 teaspoon salt, and 2 1/2 cups flour and blend until texture of bread crumbs. Slowly add ice water until dough comes together.
- ☐ Remove and form into a ball, then flatten it into an 8 by 10-inch rectangle and place in refrigerator. This is called the pasta mixture.
- ☐ In a food processor, place the remaining butter and 1 cup flour, and mix until blended and scrape out onto a board. Working quickly, form this mixture in a 4-inch square and place in refrigerator. This is called the burro mixture.
- ☐ After 1/2 hour, when the 2 mixtures are similar in texture, place pasta mixture on a well-floured clean marble surface.
- ☐ Place burro mixture in center and fold the pasta mixture over it, like wrapping a gift. Flatten with a rolling pin and roll out to an 8 by 16-inch rectangle, flouring regularly. If butter comes to surface, flour the spot heavily and continue working. Fold bottom third up and top third down to form a small package and turn 90-degrees clockwise. Pat dough with rolling pin to adhere and roll out to large 8 by 16-inch rectangle again. Repeat folding process and refrigerate 30 minutes, covered in a moist cloth.
- ☐ Remove and repeat the rolling-and-folding process 3 times. Allow 30 minutes refrigeration between each maneuver. The dough is now ready and will keep in the refrigerator 10 days, wrapped tightly in plastic wrap.
- ☐ Quarter the apples and place them in a saucepan over medium heat with the sugar, grappa, cinnamon, salt and lemon juice. Cook until soft and broken down, about 10 to 15 minutes.
- ☐ Remove from heat, stir in chives and serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:50.67, Inflammation Score:-10, Nutrition Score:23.776956433835%

Flavonoids

Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1.05mg, Peonidin: 1.05mg, Peonidin: 1.05mg, Peonidin: 1.05mg Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 21.3mg, Epicatechin: 21.3mg, Epicatechin: 21.3mg, Epicatechin: 21.3mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 799.2kcal (39.96%), Fat: 31.45g (48.38%), Saturated Fat: 14.91g (93.2%), Carbohydrates: 99.84g (33.28%), Net Carbohydrates: 90.21g (32.8%), Sugar: 45.37g (50.42%), Cholesterol: 127.26mg (42.42%), Sodium: 59723.31mg (2596.67%), Alcohol: 12.29g (100%), Alcohol %: 2.25% (100%), Protein: 12.17g (24.34%), Vitamin A: 5323.81IU (106.48%), Manganese: 0.97mg (48.67%), Selenium: 28.57µg (40.81%), Vitamin B1: 0.59mg (39.29%), Fiber: 9.63g (38.51%), Folate: 124.03µg (31.01%), Vitamin B2: 0.46mg (27.17%), Vitamin B3: 5.29mg (26.46%), Iron: 4.55mg (25.3%), Vitamin C: 16.65mg (20.18%), Phosphorus: 198.37mg (19.84%), Vitamin B6: 0.38mg (19.17%), Potassium: 664.26mg (18.98%), Vitamin K: 15.75µg (15%), Vitamin E: 2.06mg (13.71%), Copper: 0.26mg (12.78%), Magnesium: 49.71mg (12.43%), Calcium: 100.96mg (10.1%), Zinc: 1.48mg (9.84%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.46µg (3.04%)