



Venison Stew with Prune Jam: Pastisada di Daino con Marmellata di Prugne

 **Gluten Free** Image not found or type unknown

READY IN

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ready

160 min.

SERVINGS

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servings

8

CALORIES

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calories

1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 large head garlic crushed peeled
- ☐ 3 rounds gingerroot peeled
- ☐ 0.3 cup grappa
- ☐ 10 juniper berries crushed
- ☐ 6 cloves lightly whole crushed
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 3 ounces pancetta smoked
- ☐ 2 cups prune- cut to pieces dried pitted softened
- ☐ 2 cups currant jelly red
- ☐ 0.5 cup red wine
- ☐ 7 cups red wine
- ☐ 1 cup red wine vinegar
- ☐ 1 tablespoon red wine vinegar
- ☐ 8 servings sea salt and freshly cracked pepper
- ☐ 2 tablespoons butter unsalted softened
- ☐ 3 pounds venison shoulder trimmed
- ☐ 2 onions yellow peeled sliced thin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

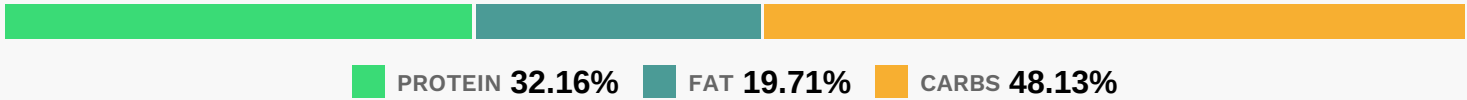
Directions

- ☐ In a large bowl, combine 6 1/2 cups wine, the vinegar, garlic, onions, and spices.
- ☐ Add the venison, and stir the whole mixture together. Cover the bowl with plastic wrap and allow to rest in the refrigerator for 24 to 36 hours, stirring occasionally.
- ☐ Remove the venison from its bath, patting the pieces dry, and reserve the marinade. In a Dutch oven or other large, ovenproof vessel, saute the pancetta in the olive oil for a few

minutes, then remove to a plate lined with paper towels.

- ☐ Add the venison chunks, working in batches, and sear on all sides, adding more oil if necessary. When the meat is done, remove it to the plate with the pancetta and season well with salt and pepper.
- ☐ Return the pancetta, meat and marinade to the Dutch oven and bring to a simmer. Cover the pot loosely and braise the meat over a very low flame for 1 1/2 hours, until the meat is very tender.
- ☐ With a slotted spoon or tongs, remove the meat to a serving plate.
- ☐ Add the grappa to the braising liquid and reduce over a medium flame for 15 minutes. Strain the sauce through a chinois, pressing down on the solids left in the strainer to extract the maximum juice and flavor. Return the strained sauce to the pan and stir in the butter. Season with salt and pepper and add the remaining 1/2 cup red wine to the sauce.
- ☐ Serve the meat with the sauce poured over and the prune jam on the side.
- ☐ Place all the ingredients in a saucepan and cook over medium-low heat until the prunes expand with heat and moisture and the wine and jelly meld and thicken, about 8 minutes.
- ☐ Let sit for 10 minutes, then remove the cinnamon stick and serve a few tablespoons with each portion of meat.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:40.38, Inflammation Score:-8, Nutrition Score:37.952173974203%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Petunidin: 4.45mg, Petunidin: 4.45mg, Petunidin: 4.45mg, Petunidin: 4.45mg Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg Malvidin: 31.14mg, Malvidin: 31.14mg, Malvidin: 31.14mg, Malvidin: 31.14mg Peonidin: 2.81mg, Peonidin: 2.81mg, Peonidin: 2.81mg, Peonidin: 2.81mg Catechin: 16.07mg, Catechin: 16.07mg, Catechin: 16.07mg, Catechin: 16.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg

Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1010.1kcal (50.51%), Fat: 17.69g (27.21%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 97.16g (32.39%), Net Carbohydrates: 92.09g (33.49%), Sugar: 61.14g (67.93%), Cholesterol: 206.75mg (68.92%), Sodium: 396.59mg (17.24%), Alcohol: 27.83g (100%), Alcohol %: 5.74% (100%), Protein: 64.94g (129.88%), Zinc: 15.48mg (103.18%), Vitamin B12: 5.26µg (87.73%), Vitamin B2: 1.35mg (79.59%), Vitamin B3: 14.49mg (72.45%), Iron: 10.8mg (60%), Manganese: 1.17mg (58.29%), Phosphorus: 570.61mg (57.06%), Vitamin B6: 1.12mg (56.11%), Selenium: 34.79µg (49.7%), Copper: 0.75mg (37.32%), Potassium: 1298.23mg (37.09%), Vitamin K: 33.18µg (31.6%), Magnesium: 104.89mg (26.22%), Vitamin B1: 0.35mg (23.44%), Vitamin B5: 2.12mg (21.2%), Fiber: 5.07g (20.29%), Vitamin E: 2.3mg (15.3%), Vitamin C: 10.08mg (12.22%), Folate: 37.91µg (9.48%), Vitamin A: 438.87IU (8.78%), Calcium: 84mg (8.4%)