FRENCH · DINNER

Veau Marengo (French Veal Stew with Tomatoes and Mushrooms)

Veau Marengo

140 min · Serves 6 · 549 kcal a serve · Video 9:42 in French · Philippe Etchebest

Nut-free

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Veal shoulder simmered with tomatoes, mushrooms and carrots gives about 58 g of protein and 15 g net carbs a serve, with under 2 g of added sugar.

Ingredients 17 · SERVES 6

- [ ] 1.2 kg **veal shoulder or neck**, cut into large cubes (sauté de veau)
- [ ] 3 **tomatoes**, peeled and chopped, with their juice and seeds
- [ ] 2 **carrots**, cut into large pieces
- [ ] 4 tbsp **rapeseed or grapeseed oil**
- [ ] 1 **onion**, chopped
- [ ] 4 cloves **garlic**, crushed
- [ ] 30 g **plain flour**
- [ ] 150 ml (15 cl) **dry white wine**, simmered in the sauce
- [ ] 1 litre **veal stock** (or water), reduced in the sauce
- [ ] 2 sprigs **fresh thyme**
- [ ] 2 **bay leaves**
- [ ] **coarse sea salt**
- [ ] 8 **pearl onions** (white or red), peeled
- [ ] 30–70 g **butter**, for the onions and mushrooms
- [ ] 10 g **caster sugar**, to glaze the onions
- [ ] 200 g **button mushrooms**, quartered
- [ ] 4 sprigs **parsley**, chopped

Contains: Gluten, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the tomatoes: plunge them into boiling water for 30 seconds, then into cold water, slip off the skins and chop, keeping all the juice and seeds. 0:55
2. Cut the carrots into large pieces for the garnish, chop the onion and crush the garlic. 2:05
3. Heat the oil in a wide, very hot sauté pan and sear the veal in two batches until well caramelised. Turn the oven grill on. 3:38
4. Add the garlic and onion and soften without much colour. Sprinkle the flour evenly over the meat and put the pan under the hot grill for 5 minutes to toast it. 4:15
5. Put the pearl onions in a small pan with water just to cover, the sugar, a little butter and salt; simmer gently until the water has reduced completely and they are glazed. Quarter the mushrooms (don't soak them). 4:44
6. Deglaze the veal with the white wine, add the tomatoes, then the veal stock (or water) to just over the meat. Add the carrots and some salt, the thyme and bay, and simmer over low heat for 1½ hours. 5:51
7. Near the end, fry the mushrooms in butter in a very hot pan until well browned. 7:05
8. When the sauce has reduced to the level of the meat, check the onions are tender, stir in the mushrooms and onions and finish with chopped parsley. 7:50

> **Tip** Serves 6. Traditionally served with steamed potatoes; Etchebest adds carrots so the garnish cooks in the pot. Green beans or cauliflower keep it lower in carbs. Freezes well.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
549 kcal	58 g	18 g	2.8 g	26 g	930 mg
2,300 kJ	116% of a day	15 g net · 7.7 g sugars 7% of a day	10% of a day	8.7 g saturated 33% of a day	40% of a day

Energy from net carbs 11% · protein 45% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 74% · Zinc 59% · Omega-3 57% · Selenium 53% · Vitamin B6 44% · Vitamin A 31% · Vitamin K 31% · Potassium 22% · Vitamin E 20%

Source of (10–19%) Magnesium 17% · Vitamin C 17% · Iron 16% · Folate 15%

Recipe and video: Philippe Etchebest (@ChefEtchebest) on YouTube — youtube.com/watch?v=hQTwOw_Mzyo, published 7 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/veau-marengo-french-veal-stew