

Veal in Cream Sauce is an ideal main dish to serve for a dinner party. Full of flavor and very sophisticated yet simple to make.

Servings - 6

**Prep Time - 20 Mins | Cook Time - 1 Hr 40 Mins | Total Time - 2 Hrs**

Difficulty - Easy



Cuisine - French

## RECIPE

### KETO VEAL IN CREAM SAUCE

## EQUIPMENT

[Non Stick Large Saucepan](#)

[Non Stick Medium Saucepan](#)

[Wooden Spoon](#)

[Deep Ovenproof Serving Dish](#)

## INGREDIENTS

700 g Veal, shoulder or breast thinly cut, or cut in cubes

1 Medium sized brown onion, diced

4 Garlic cloves

2 Small carrots, scraped and cut into quarters (for flavor only)

[1/2 Cup Dry White Wine](#)

1 Bouquet garni, consisting of 4 parsley sprigs, 1 thyme spray and small bay leaf tied together

[1/2 Tsp Sea Salt, Flakes](#)

[1/2 Tsp White Pepper \(ground\)](#)

1/4 Cup butter

[50 g FHALL Low Carb Gluten-Free White Flour](#)

[2/3 Cup Double/Heavy Cream](#)

2 Large egg yolks at room temperature

## METHOD

Put the veal cubes in a large saucepan with enough water to cover them. Bring the water to a boil over low heat and simmer for 2 minutes.

Reduce the heat to low. Add the onions, carrots, wine, bouquet garni, salt and pepper. Cover and simmer over low heat for 1 1/2 hours or until the meat is tender.

Remove the carrots and strain the liquid and return to the saucepan with the meat and put a lid on the saucepan to keep the veal warm while you make the sauce.

In a heavy medium-sized saucepan, melt the butter over low heat. Stir in the flour with a wooden spoon. Cook the butter-and-flour mixture for 2 minutes and remove the pan from the heat.

Gradually add the reserve stock while stirring constantly. When the stock is blended in, return the pan to moderate heat and bring to a boil while stirring for approx 3 minutes or until the sauce becomes thick and smooth and remove from heat.

Beat the cream and egg yolks together with a wooden spoon. Stir 4 tablespoons of the hot sauce, a spoonful at a time, into the cream-and-egg mixture.

When the sauce is well mixed with the cream and egg yolks, return to the saucepan gradually while beating the sauce with a wire whisk. Replace the saucepan on low heat and stir until the sauce is near to boiling.

Transfer the veal to a heated serving dish and pour the sauce over it.

## SERVING SUGGESTIONS

Served with cauliflower rice and sauteed mushrooms and fresh garlic and top with chopped coriander.

## STORAGE

Store in an airtight container in the fridge for up to 4 days. Freeze for 60 days.

## NUTRITION FACTS

Per serving : 206 g | Calories 378 | Protein 26.2 g | Fat 25.1 g | Carbs 9.5 g | Fiber 4.4 g

Net Carbs : 5 g

LOW CARB - KETO - NO ADDED SUGAR - GLUTEN FREE

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