

Soup Stock - Veal Stock

Fresh Ways with Soups & Stews
Time-Life Books

Yield: 3 quarts

*3 pounds veal breast or shank meat,
cut into 3-inch pieces*
*3 pounds veal bones (preferably
knuckles), cracked*
2 onions, quartered
2 stalks celery, sliced
1 carrot, sliced
8 black peppercorns
*3 cloves unpeeled garlic (optional),
crushed*
*1 teaspoon fresh thyme OR 1/4
teaspoon dried thyme leaves*
1 bay leaf

Preparation Time: 30 minutes

Fill a large pot halfway with water. Bring the water to a boil. Add the veal meat and bones. Blanch them for two minutes to clean them. Drain the meat and bones in a colander, discarding the liquid. Rinse the meat and bones under cold running water and return them to the pot.

Add the onions, celery, carrot, peppercorns and garlic, if you are using it. Pour in enough water to cover the contents of the pot by about three inches. Bring the water to a boil over medium heat. Reduce the heat to maintain a simmer and skim any impurities from the surface. Add the thyme and bay leaf. Simmer the stock very gently for four hours, skimming occasionally.

Strain the stock into a large bowl. Allow the solids to drain thoroughly into the bowl before discarding them.

Degrease the stock (see note).

Start to Finish Time: 4 hours 30 minutes

Any combination of veal meat and bones may be used to make this stock.

Ideally, the meat and bones together should weigh about six pounds. Ask your butcher to crack the bones.

The easiest and most effective degreasing method is to refrigerate the finished dish, then lift the congealed layer of fat from the surface. Because chilling takes time, it is ideal for soups, stews or stocks that are made ahead. To inhibit bacterial growth, a hot soup or stew should be quickly cooled to room temperature, then partially covered and refrigerated. The fat may then be removed before the dish is reheated. Stock, too, should be cooled rapidly: pour it into small containers and set them in a shallow bath of ice water. So that the stock will not sour, it should be covered and refrigerated only when it has cooled. Before transferring chilled stock to the freezer, scrape away all surface fat.

To degrease a hot dish just before serving it, use a soup ladle or large, shallow spoon to skim off as much fat as you can. Tip the pot, if need be, to pool the last bit of unwanted fat.

Soups, Chili and Stews

Per Serving (excluding unknown items): 129 Calories; 1g Fat (3.8% calories from fat); 4g Protein; 30g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	129
% Calories from Fat:	3.8%
% Calories from Carbohydrates:	84.9%
% Calories from Protein:	11.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	30g
Dietary Fiber (g):	8g
Protein (g):	4g
Sodium (mg):	102mg
Potassium (mg):	815mg
Calcium (mg):	99mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	27mg
Vitamin A (i.u.):	20367IU
Vitamin A (r.e.):	2035 1/2RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	75mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	5
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	129	Calories from Fat: 5
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		% Daily Values*
Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	102mg	4%
Total Carbohydrates	30g	10%
Dietary Fiber	8g	31%
Protein	4g	
Vitamin A		407%
Vitamin C		44%
Calcium		10%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.