



Ale-Braised Mustard-Glazed Short Ribs with French Fries

 Dairy Free

READY IN



360 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup ale belgian style
- ☐ 2 bay leaves
- ☐ 1 cup beef stock
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 3 tablespoon dijon mustard
- ☐ 3 tablespoon honey
- ☐ 1 cup shitake mushrooms roughly chopped

- ☐ 3 large potatoes
- ☐ 3 tablespoon salt as needed plus more
- ☐ 2.5 pound short cut into 3-inch pieces

Equipment

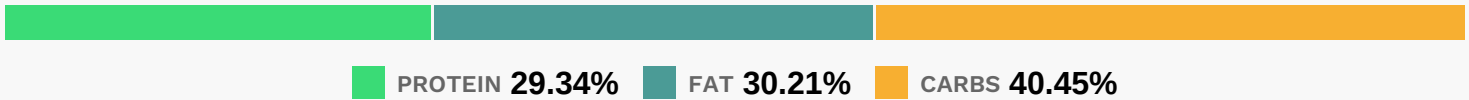
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ Trim most of the fat from the short ribs, but leave enough of the silverskin to keep the meat attached to the bone.
- ☐ Sprinkle all over with 3 tablespoons of salt. Cover and loosely refrigerate for two days. Peel the potatoes and cut them into French fry size and shape of your liking.
- ☐ Add the cut potatoes to a large bowl and cover with water to soak. Cover the bowl and refrigerate until ready to cook. Prepare the short ribs: Warm the oil in a medium-sized heavy bottomed Dutch oven set over medium heat. Wipe the pieces of meat dry. Brown the short ribs, about 4 minutes per side.
- ☐ Remove the short ribs to a paper towel lined tray.
- ☐ Pour off all but about 2 tablespoons of the fat.
- ☐ Add the onions, bay, peppercorns, and mushrooms. Cook the mixture, stirring often until the onions begin to color, about 6 minutes. Lower the heat and return the short ribs, bone side down, to the pan.
- ☐ Add the stock and ale to the pan. Bring to a simmer, cover and cook until fork-tender, about 2 hours. Check the cooking often, turning each piece of meat each time. When the meat is done, uncover, and let it cool completely. Use a spoon to scoop off the fat as it rises to the surface or alternately, cover the pan and refrigerate over night. removing the congealed fat the next day. Just before serving turn on the broiler.

- ☐ Remove the potatoes from the water and dry them thoroughly. Prepare the deep fryer by filling with peanut oil to the appropriate level.
- ☐ Heat the oil to 350 degrees F. Blanch the potatoes about 4 minutes then remove them from the oil and set them on a paper towel lined tray to drain. Bring the temperature of the oil up to 375 degrees. Gently reheat the short ribs in their broth. Simmer to thicken the broth somewhat and concentrate the flavor while you finish the French fries.
- ☐ Add the blanched potatoes to the heated oil and fry several minutes until golden brown and to your liking.
- ☐ Remove from oil and drain on a paper towel lined tray. Salt as needed. When ready to serve remove each short rib to an ovenproof tray.
- ☐ Mix together the mustard and honey, then brush the tops of the meat with the mixture. Set the tray under the broiler, about 5 inches from the element, to brown the mustard and glaze the surface of the short ribs, about 5 minutes.
- ☐ Serve the short ribs mustard side up, over a pile of the French fries. Spoon the reheated sauce over the top making sure to include some of the mushrooms and onions.

Nutrition Facts



Properties

Glycemic Index:68.13, Glycemic Load:43.29, Inflammation Score:-7, Nutrition Score:36.460434602655%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 665.85kcal (33.29%), Fat: 21.88g (33.65%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 65.91g (21.97%), Net Carbohydrates: 58.91g (21.42%), Sugar: 16.05g (17.84%), Cholesterol: 122.1mg (40.7%), Sodium: 5630.31mg (244.8%), Alcohol: 2.3g (100%), Alcohol %: 0.44% (100%), Protein: 47.8g (95.59%), Vitamin B12: 7.04µg (117.28%), Vitamin B6: 1.72mg (86.13%), Zinc: 11.06mg (73.71%), Vitamin C: 55.17mg (66.87%), Phosphorus: 612.16mg (61.22%), Potassium: 2140.9mg (61.17%), Vitamin B3: 11.76mg (58.8%), Selenium: 37.93µg (54.19%), Iron: 7.29mg (40.48%), Vitamin B2: 0.59mg (34.57%), Vitamin B1: 0.48mg (32%), Magnesium: 125.93mg (31.48%), Manganese: 0.62mg

(30.78%), Copper: 0.58mg (28.83%), Fiber: 7g (27.98%), Vitamin B5: 1.92mg (19.17%), Folate: 66.8µg (16.7%), Calcium: 71.77mg (7.18%), Vitamin K: 6.39µg (6.08%)