



Ale-Braised Short Rib Sandwich with Horseradish & Pickled Vegetables

READY IN



180 min.

SERVINGS



4

CALORIES



374 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cup brown ale
- ☐ 1 baguette baguette
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon canola oil
- ☐ 0.5 carrots roughly chopped
- ☐ 1 cup carrots peeled cut into matchsticks
- ☐ 4 pieces cheddar cheese thickly as needed sliced
- ☐ 1 tablespoon coriander seeds

- ☐ 1 cup daikon radish peeled cut into matchsticks
- ☐ 1 cup fennel bulb cored sliced into thin slivers
- ☐ 1 teaspoon fennel seeds
- ☐ 2 clove garlic roughly chopped
- ☐ 3 tablespoon horseradish prepared
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 onion roughly chopped
- ☐ 0.5 teaspoon freshly pepper black crushed
- ☐ 2 sprigs rosemary sprigs rosemary
- ☐ 1 teaspoon sea salt
- ☐ 6 rib short 3-inch short
- ☐ 3 star anise star anise whole
- ☐ 0.3 cup sugar
- ☐ 1 cup water
- ☐ 2 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cutting board


Directions

- ☐ In a sauce pan combine vinegar, water, sugar, fennel seeds, coriander seeds, peppercorns, star anise, and salt. Bring to a boil.
- ☐ Remove from heat and pour the liquid into a heat proof bowl.

- ☐ Add the fennel bulb, carrots and daikon radish. Stir to combine, let cool uncovered, about 2 hours. Once cool it may be refrigerated and kept in the refrigerator about 2 weeks. Preheat oven to 325 degrees F.
- ☐ Add the oil to a large cast iron or oven proof skillet set over medium heat.
- ☐ Add the short ribs, meaty side down and sear them well.
- ☐ Remove the meat from the skillet and set aside.
- ☐ Add the chopped carrot, onion and garlic to the same skillet and cook, stirring often until caramelized, about 5 minutes.
- ☐ Add the ale to the pan to deglaze.
- ☐ Place the meat back into the skillet and add the rosemary, salt and pepper. Cover the skillet and transfer to the oven to braise, about 2 hours until fork tender and falling off the bone. Move the meat to a cutting board to cool slightly. Leave the oven on. Skim the fat from the braising liquid then strain about 1 cup into a small bowl, discarding solids. If there is less than 1 cup add a bit a water.
- ☐ Add the horseradish to the bowl and whisk until well incorporated.
- ☐ Cut the baguette crosswise into 4 equal pieces, and then slice each in half lengthwise to create tops and bottoms for the sandwiches.
- ☐ Remove some of the bread from the top half canoe style if it seems like there is too much bread.
- ☐ Place the tops and bottoms onto a baking sheet cut side up.
- ☐ Brush the bottom halves generously with the horseradish mixture. Pull the meat from the bones and tear it into big chunks, discarding any connective tissue. Distribute the meat evenly over the four bottoms of the baguette.
- ☐ Place the cheese on top of the meat on all 4 sandwiches.
- ☐ Transfer the tray with the baguette bottoms and tops to the still hot oven.
- ☐ Remove the tray when the cheese begins to melt and the bread get a bit toasted.
- ☐ Brush more horseradish sauce on the tops of the baguettes. Top with the pickled vegetables. Close the sandwich and cut into halves.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **10.63%**  FAT **17.72%**  CARBS **71.65%**

Properties

Glycemic Index:152.75, Glycemic Load:33.88, Inflammation Score:-10, Nutrition Score:19.43304341416%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 373.94kcal (18.7%), Fat: 6.47g (9.96%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 53.5g (19.45%), Sugar: 20.37g (22.64%), Cholesterol: 1.88mg (0.63%), Sodium: 1667.96mg (72.52%), Alcohol: 4.6g (100%), Alcohol %: 1.16% (100%), Protein: 8.74g (17.48%), Vitamin A: 6671.51IU (133.43%), Manganese: 0.77mg (38.56%), Vitamin B1: 0.43mg (28.33%), Folate: 105.3µg (26.33%), Vitamin K: 25.81µg (24.58%), Iron: 3.98mg (22.13%), Fiber: 5.39g (21.57%), Vitamin B3: 4.25mg (21.23%), Vitamin C: 16.77mg (20.32%), Selenium: 13.46µg (19.23%), Vitamin B2: 0.29mg (17.25%), Potassium: 552.55mg (15.79%), Calcium: 157.37mg (15.74%), Phosphorus: 147.08mg (14.71%), Magnesium: 56.96mg (14.24%), Vitamin B6: 0.26mg (12.97%), Copper: 0.23mg (11.53%), Vitamin E: 1.21mg (8.05%), Zinc: 1.11mg (7.41%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.09µg (1.42%)