



Beef Braised in Red Wine



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck boneless
- ☐ 0.5 teaspoon pepper black
- ☐ 1 medium carrots finely chopped
- ☐ 2 rib celery finely chopped
- ☐ 12 inch rosemary fresh
- ☐ 16 inch thyme leaves fresh
- ☐ 4 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil

- ☐ 1 medium onion finely chopped
- ☐ 0.3 pound pancetta sliced finely chopped
- ☐ 4 servings accompaniment: creamy polenta
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water
- ☐ 2 cups barolo

Equipment

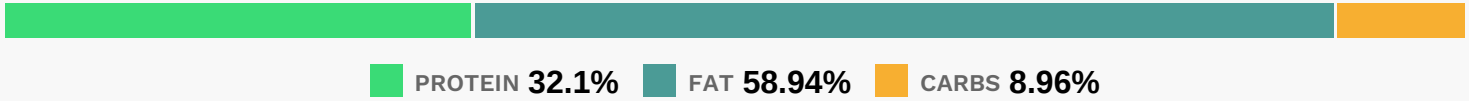
- ☐ oven
- ☐ pot
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F.
- ☐ Heat oil in pot over moderately high heat until hot but not smoking.
- ☐ Meanwhile, pat meat dry and sprinkle with salt and pepper.
- ☐ Brown meat in hot oil on all sides, about 10 minutes total. (If bottom of pot begins to scorch, lower heat to moderate.)
- ☐ Transfer to a plate using a fork and tongs.
- ☐ Add pancetta to oil in pot and sauté over moderately high heat, stirring frequently, until browned and fat is rendered, about 3 minutes.
- ☐ Add onion, carrot, and celery and sauté, stirring occasionally, until vegetables are softened and golden brown, 10 to 12 minutes.
- ☐ Add garlic, thyme, and rosemary and sauté, stirring, until garlic begins to soften and turn golden, about 2 minutes. Stir in tomato paste and cook, stirring, 1 minute.
- ☐ Add wine and boil until liquid is reduced by about half, about 5 minutes.
- ☐ Add water and bring to a simmer, then return meat along with any juices accumulated on plate to pot. Cover pot with lid and transfer to oven. Braise until meat is very tender, 2 1/2 to 3

- hours.
- ☐ Transfer meat to a cutting board. Skim fat from surface of sauce and discard along with herb stems. Boil sauce until reduced by about one third, about 5 minutes, then season with salt.
 - ☐ Cut meat across the grain into 1/2-inch-thick slices and return to sauce.
 - ☐ • Beef improves in flavor if made 3 days ahead. Cool completely in sauce, uncovered, then chill in sauce, covered. Reheat, covered, in a preheated 350°F oven until hot, 25 to 30 minutes, then slice meat.

Nutrition Facts



Properties

Glycemic Index:68.21, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:39.728695517001%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 4.02mg, Naringenin: 4.02mg, Naringenin: 4.02mg, Naringenin: 4.02mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 970.91kcal (48.55%), Fat: 58.01g (89.24%), Saturated Fat: 22.15g (138.45%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.19g (6.25%), Sugar: 3.71g (4.12%), Cholesterol: 253.44mg (84.48%), Sodium: 1133.36mg (49.28%), Alcohol: 12.72g (100%), Alcohol %: 2.34% (100%), Protein: 71.08g (142.15%), Zinc: 26.39mg (175.93%), Vitamin B12: 9.43µg (157.15%), Selenium: 78.74µg (112.48%), Vitamin B3: 16.77mg (83.85%), Vitamin B6: 1.6mg (79.9%), Phosphorus: 749.2mg (74.92%), Vitamin A: 2994.42IU (59.89%), Iron: 8.88mg (49.35%), Potassium: 1591.93mg (45.48%), Vitamin B2: 0.6mg (35.5%), Magnesium: 103.08mg (25.77%), Vitamin B5: 2.5mg (25.03%), Vitamin B1: 0.36mg (23.91%), Manganese: 0.45mg (22.58%), Copper: 0.34mg (17.2%), Vitamin E: 2.23mg (14.89%),

Vitamin K: 13.47μg (12.83%), Calcium: 119.78mg (11.98%), Fiber: 2.65g (10.59%), Vitamin C: 7.94mg (9.62%), Folate: 29.79μg (7.45%), Vitamin D: 0.45μg (3.02%)