



Beef Brasato with Pappardelle and Mint

READY IN



240 min.

SERVINGS



45

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 pounds beef shanks boneless trimmed cut into 2-inch pieces
- ☐ 1 can canned tomatoes italian crushed peeled
- ☐ 1 bottle cooking wine dry red
- ☐ 4 large garlic cloves thinly sliced
- ☐ 15 mint sprigs
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound pappardelle fresh
- ☐ 45 servings parmigiano-reggiano cheese freshly grated
- ☐ 45 servings salt and pepper freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon

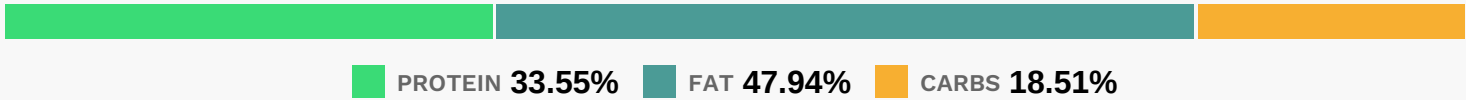
Directions

- ☐ In a large resealable plastic bag, combine the beef with the wine, mint stems and a generous pinch of salt and pepper. Seal the bag and refrigerate overnight.
- ☐ Preheat the oven to 32
- ☐ Drain the beef, reserving the marinade; discard the mint stems. Pat the beef dry. In a large enameled cast-iron casserole, heat 2 tablespoons of the olive oil.
- ☐ Add half of the meat to the casserole and cook over moderately high heat, turning occasionally, until well browned all over, about 12 minutes.
- ☐ Transfer the meat to a plate. Brown the remaining meat over moderate heat.
- ☐ Return all of the meat to the casserole.
- ☐ Add the marinade and bring to a boil.
- ☐ Add the tomatoes, season with salt and pepper and bring to a boil. Cover and braise in the oven for about 2 hours and 15 minutes, until the meat is very tender.
- ☐ Using a slotted spoon, transfer the meat to a plate and shred with 2 forks. Boil the braising liquid until reduced to 2 1/2 cups, about 20 minutes.
- ☐ Meanwhile, in a large pot of salted boiling water, cook the pappardelle until al dente.
- ☐ Drain and return the pasta to the pot.
- ☐ Add the meat and the reduced braising liquid and cook over moderate heat, stirring, until the pasta is well coated with the brasato, about 2 minutes.
- ☐ In a small skillet, heat the remaining 2 tablespoons of olive oil until shimmering.
- ☐ Add the garlic and cook until lightly golden, about 1 minute.

- ☐
- Add the mint leaves and cook for 10 seconds.

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Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:7.8330433725015%

Flavonoids

Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 4.37mg, Malvidin: 4.37mg, Malvidin: 4.37mg, Malvidin: 4.37mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 202.67kcal (10.13%), Fat: 10.04g (15.45%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.36g (3.04%), Sugar: 0.43g (0.48%), Cholesterol: 35.35mg (11.78%), Sodium: 687.16mg (29.88%), Alcohol: 1.75g (100%), Alcohol %: 2.93% (100%), Protein: 15.81g (31.62%), Calcium: 363.48mg (36.35%), Phosphorus: 267.08mg (26.71%), Selenium: 17.68µg (25.25%), Vitamin B12: 0.94µg (15.72%), Zinc: 2.18mg (14.53%), Vitamin B2: 0.15mg (8.61%), Vitamin B6: 0.13mg (6.55%), Vitamin B3: 1.26mg (6.28%), Magnesium: 21.72mg (5.43%), Manganese: 0.1mg (5.17%), Vitamin A: 254.92IU (5.1%), Iron: 0.85mg (4.74%), Potassium: 119.63mg (3.42%), Vitamin B1: 0.05mg (3.09%), Vitamin B5: 0.29mg (2.89%), Copper: 0.05mg (2.67%), Vitamin E: 0.28mg (1.84%), Folate: 6.74µg (1.69%), Fiber: 0.37g (1.46%), Vitamin K: 1.29µg (1.23%), Vitamin D: 0.18µg (1.2%)