



Beef Daube with Shallots and Dried Porcini



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



8

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 4 pounds boned beef chuck dried rinsed cut into 1 1/2-in. chunks, and
- ☐ 2 ounces porcini mushrooms dried
- ☐ 750 ml cooking wine dry red
- ☐ 5 sprigs thyme leaves fresh
- ☐ 1 teaspoon kosher salt
- ☐ 3 long grated thin
- ☐ 8 servings olive oil (if needed)

- ☐ 4 ounces pancetta diced
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound shallots peeled

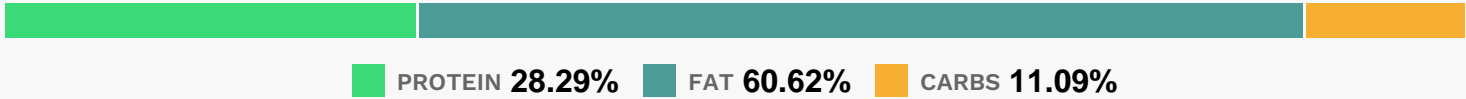
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Mix beef, thyme, orange peel strips, salt, pepper, and wine in a bowl. Cover and chill, stirring occasionally, at least 4 hours or overnight.
- ☐ Bring 2 cups beef broth to a boil and pour over porcini in a bowl.
- ☐ Let stand until mushrooms are soft, about 20 minutes. Lift mushrooms out and coarsely chop. Reserve soaking liquid.
- ☐ Meanwhile, pour beef and marinade into a strainer set over a bowl. Discard thyme sprigs and orange peel strips; reserve marinade. Dry beef on paper towels.
- ☐ Cook pancetta in a large, heavy pot over medium-high heat, stirring often, until browned and crisp, 5 to 8 minutes. Lift out with a slotted spoon.
- ☐ Add beef in batches and cook, turning pieces, until well browned all over, 7 to 8 minutes per batch. If you need more fat in the pot, add oil between batches.
- ☐ Transfer beef to a large bowl as browned.
- ☐ Add shallots to pot and cook, stirring often, until browned, about 5 minutes.
- ☐ Transfer to another bowl.
- ☐ Return pancetta and beef to pot and add reserved marinade, mushroom-soaking liquid (pour in carefully, leaving sediment behind), and mushrooms. Liquid should just cover meat; add a little more broth if necessary. Cover and simmer, gently stirring occasionally, about 2 hours.
- ☐ Add the shallots and grated orange peel and continue simmering, uncovered, until beef is very tender when pierced, about 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:31.719565039096%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 741.35kcal (37.07%), Fat: 45.94g (70.68%), Saturated Fat: 15.35g (95.93%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 15.68g (5.7%), Sugar: 4.62g (5.13%), Cholesterol: 165.84mg (55.28%), Sodium: 799.65mg (34.77%), Alcohol: 9.99g (100%), Alcohol %: 2.64% (100%), Protein: 48.25g (96.5%), Zinc: 18.02mg (120.11%), Vitamin B12: 6.3µg (105.07%), Selenium: 53.99µg (77.13%), Vitamin B3: 12.01mg (60.05%), Vitamin B6: 1.19mg (59.34%), Phosphorus: 513.52mg (51.35%), Iron: 5.92mg (32.88%), Vitamin B5: 3.22mg (32.25%), Potassium: 1126.73mg (32.19%), Copper: 0.57mg (28.49%), Vitamin B2: 0.46mg (27.15%), Magnesium: 69.47mg (17.37%), Vitamin E: 2.54mg (16.95%), Vitamin B1: 0.25mg (16.74%), Manganese: 0.31mg (15.33%), Vitamin C: 11.9mg (14.43%), Fiber: 3.23g (12.9%), Vitamin K: 12.49µg (11.89%), Folate: 40.49µg (10.12%), Calcium: 75.27mg (7.53%), Vitamin D: 0.56µg (3.73%), Vitamin A: 86.27IU (1.73%)