



Braised Beef Short Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 2.5 ounce beef ribs trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 peppercorns whole black
- ☐ 0.3 cup carrots diced
- ☐ 0.3 cup celery diced
- ☐ 0.3 cup demi glace
- ☐ 0.5 cup wine dry red

- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 5 juniper berries
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup leek chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup onion diced
- ☐ 3 thyme sprigs fresh
- ☐ 0.8 cup water hot

Equipment

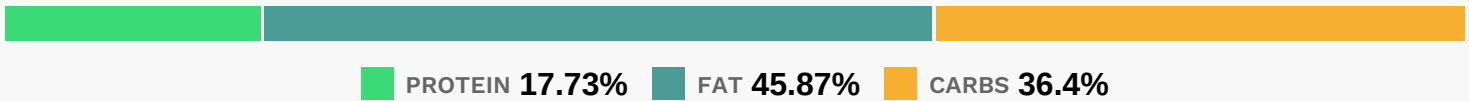
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ measuring cup
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cup; level with a knife.
- ☐ Place flour in a shallow dish.
- ☐ Sprinkle beef evenly on all sides with salt and pepper; dredge in flour.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add beef to pan; saut for 8 minutes, turning to brown on all sides.
- ☐ Remove beef from pan.

- ☐ Add diced onion, diced celery, diced carrot, and chopped leek to pan; saut 5 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring frequently.
- ☐ Place peppercorns, juniper berries, 3 thyme sprigs, and bay leaves on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Place herb and spice bundle in pan; return beef to pan. Dissolve demi-glace in 3/4 cup hot water, stirring well.
- ☐ Add demi-glace mixture and wine to pan; bring to a boil. Cover and bake at 350 for 2 1/2 hours or until beef is fork tender.
- ☐ Remove beef from pan; strain cooking liquid through a fine-mesh sieve over a bowl. Discard solids.
- ☐ Serve cooking liquid with beef.
- ☐ Garnish with thyme sprigs, if desired.
- ☐ Wine note: With the richness of short ribs, you need to pull out a cabernet as an accompaniment. (Well-marbled beef loves to tame this grape's tannins.) Slingshot 2006 Cabernet Sauvignon is a Napa bottle that, at \$23, won't break the bank. But it offers beautiful nuances of cedar, spice (juniper's a big player), and aromatic dried cherries, with bright acidity. Sara Schneider

Nutrition Facts



Properties

Glycemic Index:87.96, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:7.1539129951726%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 202.41kcal (10.12%), Fat: 9.2g (14.16%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 14.91g (5.42%), Sugar: 3.47g (3.86%), Cholesterol: 7.63mg (2.54%), Sodium: 904.74mg (39.34%), Alcohol: 3.15g (100%), Alcohol %: 2.28% (100%), Protein: 8.01g (16.01%), Vitamin A: 1954.62IU (39.09%), Manganese: 0.24mg (11.96%), Vitamin K: 11.68µg (11.12%), Iron: 1.6mg (8.9%), Vitamin E: 1.17mg (7.79%), Folate: 29.92µg (7.48%), Vitamin B12: 0.44µg (7.31%), Selenium: 4.89µg (6.99%), Vitamin B6: 0.14mg (6.9%), Vitamin B1: 0.1mg (6.79%), Vitamin C: 5.24mg (6.35%), Fiber: 1.51g (6.06%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.8mg (5.35%), Phosphorus: 52.2mg (5.22%), Potassium: 179.04mg (5.12%), Vitamin B2: 0.08mg (4.98%), Magnesium: 14.09mg (3.52%), Copper: 0.07mg (3.36%), Calcium: 28.06mg (2.81%), Vitamin B5: 0.18mg (1.85%)