



## Braised Beef Short Ribs



Gluten Free



Dairy Free



Popular

READY IN



720 min.

SERVINGS



6

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 beef short ribs bone-in
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 onion yellow peeled chopped
- ☐ 1 stalk celery chopped
- ☐ 1 carrots peeled chopped
- ☐ 750 ml cooking wine dry red good (we used a zinfandel)
- ☐ 6 cups veal stock (can substitute beef stock)

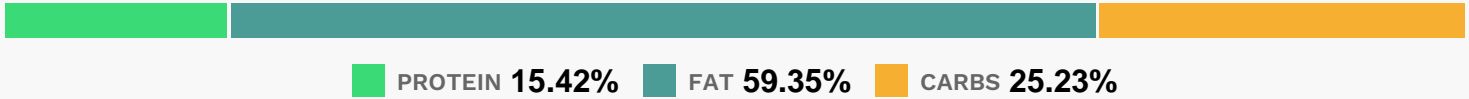
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Brown the ribs: Preheat oven to 350°F. Season ribs to taste with the salt and pepper.
- ☐ Heat oil in a large, heavy bottomed ovenproof pan over high heat.
- ☐ Add ribs and brown on all sides. Work in batches if you need to so that the ribs don't get crowded (this will help with browning).
- ☐ Transfer ribs to a plate.
- ☐ Pour off the excess fat (do not put down the drain or you will clog your sink!).
- ☐ Add the onions, celery, and carrots to the pan and sauté, stirring often, until lightly browned, about 5 minutes.
- ☐ Remove the vegetables from the pan, set aside.
- ☐ Add the wine to the pan, deglazing the pan, scraping off any browned bits from the bottom of the pan. Reduce the wine by three-quarters until thick and slightly syrupy, about 15 minutes on high heat.
- ☐ Braise ribs in oven: Return the ribs to the pan, add the veal stock and enough water to cover the ribs. Bring to a boil, cover with foil, and place in the oven. Braise, cooking in the oven, until the meat is fork-tender, 2 to 2 1/2 hours.
- ☐ During the last 1/2 hour of cooking, add back in the vegetables.
- ☐ Chill overnight: Allow the ribs to cool in the liquid, then cover and refrigerate overnight.
- ☐ Remove excess fat: The next day, remove the excess fat that has solidified at the top from the overnight chilling.
- ☐ Place the pan with the ribs and cooking liquid over medium heat, uncovered. Cook until the liquid has reduced by three-quarters, about 1 hour. Continue to cook, spooning the sauce over the ribs, until the sauce is thick and ribs are glazed. Take care not to burn the glaze; move the ribs around in the pan to keep them from burning.
- ☐ Serve over mashed potatoes, egg noodles, or rice.

# Nutrition Facts



## Properties

Glycemic Index:17.64, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:6.8843479001004%

## Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

## Nutrients (% of daily need)

Calories: 231.9kcal (11.6%), Fat: 9.47g (14.58%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 8.36g (3.04%), Sugar: 2.64g (2.94%), Cholesterol: 1.18mg (0.39%), Sodium: 683.55mg (29.72%), Alcohol: 13.31g (100%), Alcohol %: 4.08% (100%), Protein: 5.54g (11.08%), Vitamin A: 1728.74IU (34.57%), Potassium: 527.9mg (15.08%), Vitamin B2: 0.24mg (13.89%), Vitamin B3: 2.3mg (11.52%), Vitamin E: 1.41mg (9.39%), Vitamin B6: 0.18mg (9.04%), Phosphorus: 88.68mg (8.87%), Vitamin K: 9.03µg (8.6%), Copper: 0.14mg (6.78%), Vitamin B1: 0.1mg (6.51%), Magnesium: 21.03mg (5.26%), Selenium: 3.3µg (4.71%), Iron: 0.83mg (4.59%), Zinc: 0.57mg (3.79%), Folate: 12.73µg (3.18%), Calcium: 29.81mg (2.98%), Fiber: 0.7g (2.81%), Vitamin C: 2.16mg (2.62%), Manganese: 0.05mg (2.29%), Vitamin B12: 0.07µg (1.13%)