



Braised Beef with Pears and Fresh Ginger

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 2 large bartlett pears cored ripe unpeeled halved cut into 4 wedges
- ☐ 6 pounds meaty beef neck bones
- ☐ 8 cups beef broth organic (preferably)
- ☐ 2 cups carrots diced
- ☐ 2.5 cups celery diced
- ☐ 2 pig's feet split
- ☐ 1.5 cups cooking wine dry red

- ☐ 3 tablespoons ginger fresh peeled chopped
- ☐ 6 large garlic cloves chopped
- ☐ 1.5 teaspoons juniper berries
- ☐ 0.3 cup olive oil plus additional for brushing
- ☐ 1.3 pounds onions chopped
- ☐ 10 parsley sprigs plus fresh whole italian chopped for garnish
- ☐ 5 large rosemary sprigs fresh
- ☐ 6 large thyme sprigs fresh
- ☐ 4 turkish bay leaf

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ broiler
- ☐ tongs

Directions

- ☐ Preheat broiler. Stand neck bones (close together for support), meat side up, in row in heavy large roasting pan.
- ☐ Brush meaty tops with oil; sprinkle with salt and pepper.
- ☐ Broil until meat is deep brown, turning pan for even cooking, about 12 minutes.
- ☐ Transfer bones to rimmed baking sheet. Reduce oven temperature to 350°F.
- ☐ Place roasting pan over 2 burners.

- ☐ Add 1/4 cup oil, onions, celery, and carrots. Sauté over medium-high heat until tender and beginning to brown, about 20 minutes.
- ☐ Transfer 1 cup vegetable mixture to small bowl and reserve for sauce.
- ☐ Add ginger and garlic to pan; stir 30 seconds.
- ☐ Add wine and boil until reduced to glaze, about 5 minutes. Return neck bone to pan, arranging flat side down in single layer. Nestle in herb sprigs, bay leaves, and juniper berries. Top with pig's feet, cut side down.
- ☐ Pour broth over and bring to boil.
- ☐ Cover roasting pan tightly with foil and place in oven. Braise until meat is very tender and falling off bones, about 3 hours. Using tongs, transfer neck bones to rimmed baking sheet to cool. Discard pig's feet.
- ☐ Strain pan juices into large bowl, pressing on solids in strainer to release all juices; discard solids. Spoon all fat off surface of pan juices, reserving 1 tablespoon fat for sauce. Return juices to roasting pan. Boil over 2 burners until reduced to 3 1/2 cups, about 20 minutes, occasionally stirring up browned bits.
- ☐ Transfer juices to large pot.
- ☐ Add reserved 1 cup vegetable mixture. Stir 1 tablespoon reserved fat and flour in small bowl to smooth paste; whisk into sauce. Boil until reduced to 3 1/2 cups, about 12 minutes.
- ☐ Add pears to sauce. Simmer pears, uncovered, until tender, about 8 minutes.
- ☐ Pull all meat off bones; cut meat into bite-size pieces.
- ☐ Sprinkle lightly with salt and pepper.
- ☐ Mix meat into sauce in pot. DO AHEAD: Stew can be made 1 day ahead. Cool 1 hour; cover and refrigerate. Rewarm before continuing.
- ☐ Spoon stew into large bowl.
- ☐ Sprinkle with chopped parsley and serve.
- ☐ * Available in the spice section of most supermarkets.

Nutrition Facts



■ PROTEIN 12.37% ■ FAT 40.57% ■ CARBS 47.06%

Properties

Glycemic Index:57.31, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:16.9169565125%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.84mg, Apigenin: 4.84mg, Apigenin: 4.84mg, Apigenin: 4.84mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 4.75mg, Isorhamnetin: 4.75mg, Isorhamnetin: 4.75mg, Isorhamnetin: 4.75mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 19.84mg, Quercetin: 19.84mg, Quercetin: 19.84mg, Quercetin: 19.84mg

Nutrients (% of daily need)

Calories: 299.06kcal (14.95%), Fat: 11.79g (18.14%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 24.46g (8.9%), Sugar: 14.03g (15.59%), Cholesterol: 7.84mg (2.61%), Sodium: 1266.72mg (55.07%), Alcohol: 6.3g (100%), Alcohol %: 0.71% (100%), Protein: 8.09g (16.19%), Vitamin A: 7565.93IU (151.32%), Vitamin K: 54.04µg (51.47%), Fiber: 6.32g (25.27%), Vitamin C: 19.29mg (23.38%), Potassium: 685.26mg (19.58%), Manganese: 0.39mg (19.31%), Vitamin B3: 3.49mg (17.46%), Folate: 66.95µg (16.74%), Vitamin B6: 0.31mg (15.42%), Vitamin E: 1.85mg (12.34%), Phosphorus: 119.89mg (11.99%), Vitamin B2: 0.2mg (11.67%), Calcium: 102.69mg (10.27%), Iron: 1.73mg (9.59%), Magnesium: 36.41mg (9.1%), Copper: 0.17mg (8.44%), Vitamin B1: 0.12mg (8.03%), Selenium: 4.21µg (6.02%), Vitamin B5: 0.48mg (4.8%), Vitamin B12: 0.27µg (4.46%), Zinc: 0.54mg (3.63%)