



Braised Hoisin Beer Short Ribs with Creamy Mashed Yukons and Sesame Snow Peas

READY IN



225 min.

SERVINGS



6

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces ale good (recommended: Bass)
- 3 pounds beef short ribs
- 0.5 stick butter melted
- 1 bunch chives chopped
- 1 tablespoon sesame oil dark
- 10 garlic cloves smashed
- 1 inch ginger peeled sliced into 1/4-inch slices
- 1 cup half-and-half

- 1 cup hoisin sauce
- 3 tablespoons rice wine vinegar
- 6 servings salt and pepper
- 6 servings salt and pepper freshly ground
- 1 teaspoon sesame seed
- 1 pound snow peas
- 2 tablespoons vegetable oil
- 3 tablespoons vegetable oil
- 3 pounds yukon gold potatoes peeled

Equipment

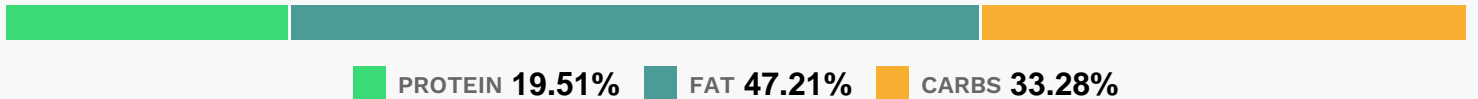
- sauce pan
- oven
- pot
- hand mixer
- stove
- dutch oven

Directions

- Season the ribs generously with salt and pepper.
- Heat the vegetable oil in a large heavy pot with a lid (Dutch oven) over high heat. Brown the ribs on all sides, in batches if necessary.
- Remove the ribs and pour off all but a couple tablespoons of the rendered fat.
- Return the pot to the stove, lower the heat to medium and saute the garlic and ginger for about 3 minutes.
- Add the ribs back to the pot.
- Add the beer and the vinegar. Stir and then cover and simmer for 2 1/2 hours.
- Preheat the oven to 300 degrees F.

- Pour the hoisin sauce over the ribs, move the pot to the oven, and cook, uncovered, for 30 minutes.
- Remove ribs and ginger from sauce. Strain fat from the top of the pot so that you're left with just the good stuff.
- Serve with Creamy Mashed Yukons and Sesame Snow Peas.
- Boil potatoes until fork tender.
- Heat the butter and half-and-half over medium heat until hot, but not boiling.
- Drain the potatoes, return them to the pot and mash with a hand masher.
- Add hot liquid to potatoes and whip with an electric hand mixer until smooth. Season, to taste, with salt and pepper.
- Add chives and mix before serving.
- Rinse the peas and trim off the ends. In a large saucepan over medium-high heat, add the oils and heat.
- Add snow peas and saute until bright green, about 2 to 3 minutes. Season with salt and pepper, to taste.
- Sprinkle with the sesame seeds and toss.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:30.34, Inflammation Score:-9, Nutrition Score:39.630869533705%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 871.12kcal (43.56%), Fat: 44.93g (69.12%), Saturated Fat: 17.28g (108.02%), Carbohydrates: 71.27g (23.76%), Net Carbohydrates: 62.84g (22.85%), Sugar: 19.06g (21.18%), Cholesterol: 133.42mg (44.47%), Sodium:

1342.97mg (58.39%), Alcohol: 2.21g (100%), Alcohol %: 0.43% (100%), Protein: 41.78g (83.56%), Vitamin C: 92.59mg (112.23%), Vitamin B12: 5.72µg (95.28%), Vitamin B6: 1.58mg (78.9%), Zinc: 9.19mg (61.25%), Phosphorus: 560.69mg (56.07%), Potassium: 1851.08mg (52.89%), Vitamin B3: 9.43mg (47.16%), Vitamin K: 47.29µg (45.04%), Iron: 7.57mg (42.07%), Selenium: 28.48µg (40.69%), Manganese: 0.78mg (38.92%), Vitamin B2: 0.59mg (34.74%), Fiber: 8.42g (33.69%), Magnesium: 128.65mg (32.16%), Vitamin B1: 0.48mg (32.08%), Copper: 0.52mg (25.85%), Vitamin A: 1236.65IU (24.73%), Folate: 94.71µg (23.68%), Vitamin B5: 1.98mg (19.84%), Calcium: 149.14mg (14.91%), Vitamin E: 1.73mg (11.56%)