Braised Oxtails

READY IN	SERVINGS	CALORIES
235 min.	4	2007 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 bay leaf
- [ ] 4 tablespoons butter
- [ ] 0.3 cup canola oil
- [ ] 0.5 cup demi-glace
- [ ] 1 tablespoon flat-leaf parsley leaves finely minced
- [ ] 1 loaf bread french
- [ ] 1 large sprig flat-leaf parsley fresh
- [ ] 1 large clove garlic finely minced
- [ ] 3 cloves garlic with the side of a knife blade crushed

- [ ] 1 tablespoon garlic powder
- [ ] 1 tablespoon lime zest
- [ ] 2 tablespoons olive oil
- [ ] 0.5 cup enough to coat oxtails all-purpose as needed
- [ ] 4 pounds oxtails cut into 2-inch cross sections
- [ ] 1 large onion red sliced
- [ ] 750 mL red wine
- [ ] 4 servings salt and pepper black
- [ ] 1 large sprig thyme leaves
- [ ] 2 tablespoons tomato paste

Equipment

- [ ] frying pan
- [ ] oven
- [ ] whisk
- [ ] pot

Directions

- [ ] Heat canola oil over medium-high in a large saute pot.
- [ ] Add onion and garlic and saute until the onions begin to turn translucent. While they are cooking, season the flour with salt and pepper and coat the oxtails, allowing any excess flour to fall away. Sear the oxtails on both sides in the pot with the onions and garlic, then remove them to a utility platter. De-glaze the pan with the red wine.
- [ ] Whisk in demi-glace and tomato paste and add bay leaf, parsley and thyme. Lower heat and return oxtails to pot. Cover and let simmer until meat is tender (it should easily fall away from bone), about 3 hours.
- [ ] Remove oxtails to a platter, cover, and let rest in a warm place. Strain braising liquid into another pot to make it into a sauce. Spoon off any excess fat that may be on the surface. Increase heat, allowing the braising liquid to reduce by one-half to two thirds.
- [ ] Combine the Gremolata ingredients and set aside.

- [ ] While the sauce is reducing, prepare the toasted French bread. Preheat the oven to 350 degrees F.
- [ ] Brush the olive oil on the bread and sprinkle with garlic powder. Lightly toast in the oven.
- [ ] Remove the reduced sauce from the heat and whisk in the butter. Spoon sauce over oxtails and top with a small amount of gremolata.
- [ ] Serve with toasted French garlic bread.

Nutrition Facts

PROTEIN **35.01%** FAT **46.9%** CARBS **18.09%**

Properties

Glycemic Index:124.63, Glycemic Load:50.89, Inflammation Score:-8, Nutrition Score:25.596087140881%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 2007.26kcal (100.36%), Fat: 96.38g (148.28%), Saturated Fat: 33.77g (211.07%), Carbohydrates: 83.63g (27.88%), Net Carbohydrates: 79.84g (29.03%), Sugar: 10.77g (11.96%), Cholesterol: 529.05mg (176.35%), Sodium: 2432.08mg (105.74%), Alcohol: 20.16g (100%), Alcohol %: 2.94% (100%), Protein: 161.86g (323.73%), Iron: 25.06mg (139.24%), Vitamin B1: 0.88mg (58.44%), Selenium: 35.89µg (51.27%), Manganese: 1.02mg (51%), Folate: 163.31µg (40.83%), Vitamin K: 38.27µg (36.45%), Vitamin B2: 0.6mg (35.09%), Vitamin B3: 6.51mg (32.57%), Vitamin E: 4.38mg (29.2%), Phosphorus: 197.76mg (19.78%), Calcium: 183.48mg (18.35%), Vitamin B6: 0.35mg (17.32%), Magnesium: 68.09mg (17.02%), Potassium: 546.02mg (15.6%), Fiber: 3.79g (15.14%), Copper: 0.26mg (12.97%), Vitamin A: 595.96IU (11.92%), Zinc: 1.64mg (10.94%), Vitamin C: 7.26mg (8.8%), Vitamin B5: 0.56mg (5.62%)