



Braised Oxtails in Red Wine Sauce

READY IN



270 min.

SERVINGS



6

CALORIES



1366 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 5 pounds beef oxtail cut into pieces
- ☐ 5 cups beef broth
- ☐ 0.3 cup butter divided
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 1500 milliliter cooking wine dry red
- ☐ 2 sprigs flat-leaf parsley
- ☐ 1 cup flour all-purpose

- ☐ 2 sprigs thyme leaves fresh
- ☐ 5 cloves garlic chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 onion chopped
- ☐ 1 teaspoon onion powder
- ☐ 6 servings salt and pepper to taste
- ☐ 5 shallots chopped

Equipment

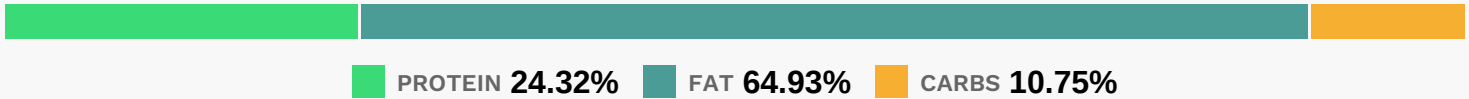
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Simmer the red wine in a large saucepan over medium-high heat until reduced by half. Meanwhile, combine the flour, garlic powder, onion powder, salt, and pepper in a large bowl. Dredge the oxtail in the seasoned flour, and shake off excess; set aside.
- ☐ Heat 1 tablespoon of butter in a roasting pan over medium-high heat. Brown the oxtail on all sides, about 10 minutes.
- ☐ Remove the oxtails from the pan and set aside. Turn the heat to medium-low and melt another 1 tablespoon of butter in the pan. Stir in the shallots, garlic, onion, carrots, and celery. Cook and stir until the vegetables have softened, about 10 minutes. Stir in the thyme, bay leaf, parsley, beef broth, and reduced red wine.
- ☐ Place the browned oxtail on top of the vegetables in a single layer, then bring to a boil.

- ☐
- Cover with a tight fitting lid or aluminum foil, then bake in preheated oven until the oxtail is very tender and nearly falling off the bone, 3 to 3 1/2 hours.
- ☐
- Once the oxtail is tender, remove the meat to a serving dish, cover, and keep warm. Strain the remaining braising liquid through a mesh strainer into a saucepan. Simmer over medium-high heat until the sauce has reduced to 2 cups.
- ☐
- Whisk in the remaining 2 tablespoons butter and pour over the oxtail to serve.

Nutrition Facts



Properties

Glycemic Index:62.14, Glycemic Load:13.65, Inflammation Score:-10, Nutrition Score:39.850434945977%

Flavonoids

Petunidin: 8.42mg, Petunidin: 8.42mg, Petunidin: 8.42mg, Petunidin: 8.42mg Delphinidin: 10.6mg, Delphinidin: 10.6mg, Delphinidin: 10.6mg, Delphinidin: 10.6mg Malvidin: 66.55mg, Malvidin: 66.55mg, Malvidin: 66.55mg, Malvidin: 66.55mg Peonidin: 4.69mg, Peonidin: 4.69mg, Peonidin: 4.69mg, Peonidin: 4.69mg Catechin: 19.53mg, Catechin: 19.53mg, Catechin: 19.53mg, Catechin: 19.53mg Epicatechin: 27.03mg, Epicatechin: 27.03mg, Epicatechin: 27.03mg, Epicatechin: 27.03mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 1365.99kcal (68.3%), Fat: 84.03g (129.28%), Saturated Fat: 34.14g (213.39%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 28.99g (10.54%), Sugar: 3.51g (3.9%), Cholesterol: 288.71mg (96.24%), Sodium: 1271mg (55.26%), Alcohol: 26.63g (100%), Alcohol %: 3.64% (100%), Protein: 70.81g (141.62%), Vitamin B12: 8.25µg (137.42%), Zinc: 16.19mg (107.91%), Vitamin B3: 19.07mg (95.34%), Selenium: 66.14µg (94.49%), Vitamin A: 3681.12IU (73.62%), Vitamin B6: 1.42mg (70.8%), Phosphorus: 680.55mg (68.05%), Iron: 9.16mg (50.91%), Vitamin B2: 0.73mg (43.2%), Potassium: 1338.71mg (38.25%), Vitamin B1: 0.37mg (24.94%), Vitamin B5: 2.2mg (22.02%), Folate: 84.63µg (21.16%), Magnesium: 83.83mg (20.96%), Manganese: 0.37mg (18.65%), Copper: 0.31mg (15.5%), Vitamin K: 16.08µg (15.31%), Vitamin E: 1.94mg (12.92%), Calcium: 112.47mg (11.25%), Fiber: 2.33g (9.3%), Vitamin C: 6.08mg (7.37%), Vitamin D: 0.38µg (2.52%)