



Braised Short Ribs with Mushrooms

 Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 cup cognac
- 10 ounces cremini mushrooms trimmed halved
- 0.3 ounce porcini mushrooms dried
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 4 sprigs thyme leaves fresh
- 11 cloves garlic

- 8 servings kosher salt and pepper freshly ground
- 10 ounces oyster mushrooms trimmed
- 6 ounces pancetta diced
- 2 cups red wine
- 8 shallots
- 96 ounces short ribs trimmed
- 0.3 cup tomato paste

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- pot

Directions

- Preheat the oven to 300 degrees F. Bring the short ribs to room temperature. Meanwhile, pulse the shallots, 10 cloves garlic and the tomato paste in a food processor to make a paste. Cook the pancetta in a large ovenproof pot over medium-high heat until crisp, about 7 minutes.
- Transfer the pancetta and all but 2 tablespoons drippings to a bowl.
- Add the shallot mixture to the pot and cook, stirring, until brown, about 6 minutes. Reduce the heat to medium and add 1/2 cup cognac, scraping up the browned bits.
- Sprinkle in the flour and cook, stirring, about 5 more minutes. Gradually stir in the wine until smooth.
- Add the porcini, thyme, bay leaves and 1 1/2 teaspoons salt.
- Season the short ribs with salt and pepper, place in the pot and add water to cover. Trim a piece of parchment paper so that it rests on the surface of the meat. Cover the pot with the

lid and transfer to the oven. Cook until the meat is fork-tender, about 3 hours.

- Remove the meat from the sauce and transfer to a plate. Set the sauce aside, about 10 minutes, then skim off the fat. (If the sauce is thick, add a splash of water.) Discard the bay leaves, season the sauce with salt and pepper and add the remaining 2 tablespoons cognac. Return the short ribs to the sauce and keep warm over low heat.
- Chop the remaining 1 clove garlic, then mash with 1/2 teaspoon salt using the flat side of a knife; add the parsley and chop.
- Heat the pancetta and the reserved drippings in a skillet over medium-high heat.
- Add the oyster and cremini mushrooms and cook until brown, about 10 minutes. Toss in the parsley mixture. Untie the short ribs, divide among plates and top with the sauce and mushrooms.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:5.1, Inflammation Score:-8, Nutrition Score:34.875217157861%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 677.13kcal (33.86%), Fat: 34.09g (52.45%), Saturated Fat: 13.64g (85.24%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 14.9g (5.42%), Sugar: 4.43g (4.92%), Cholesterol: 160.55mg (53.52%), Sodium: 576.72mg (25.07%), Alcohol: 11.37g (100%), Alcohol %: 3.12% (100%), Protein: 54.04g (108.09%), Vitamin B12: 8.56µg (142.68%), Zinc: 13.21mg (88.06%), Selenium: 53.79µg (76.84%), Vitamin B3: 13.37mg (66.83%), Vitamin B6: 1.31mg (65.36%), Phosphorus: 639.9mg (63.99%), Vitamin B2: 0.78mg (45.85%), Potassium: 1528.6mg (43.67%), Iron: 7.43mg (41.3%), Vitamin K: 32.21µg (30.68%), Vitamin B1: 0.45mg (29.84%), Copper: 0.58mg (28.85%), Vitamin B5: 2.26mg (22.56%), Magnesium: 87.76mg (21.94%), Manganese: 0.44mg (21.81%), Folate: 61.53µg (15.38%), Fiber: 2.63g (10.52%), Vitamin C: 8.42mg (10.2%), Vitamin A: 335.56IU (6.71%), Calcium: 58.66mg (5.87%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.4µg (2.69%)