



Braised Short Ribs with Seared Scallop on Mofongo Cake

 **Gluten Free**  **Dairy Free**

READY IN



175 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pieces bacon chopped
- 4 bananas green peeled chopped
- 4 bay leaves divided
- 1 bunch cilantro sprigs fresh divided
- 6 cloves garlic divided minced
- 1 quart concord grape juice
- 1 bell pepper green divided chopped

- 3 ounce olives green
- 2 teaspoons ground cumin divided
- 6 servings kosher salt and pepper black freshly ground to taste
- 3 tablespoons olive oil divided
- 2 teaspoons paprika divided
- 1 cup red wine
- 2 ounce roasted peppers red sliced
- 6 sea scallops
- 2.5 pounds short cut in 2 pieces
- 1 onion white divided chopped

Equipment

- frying pan
- pot
- wooden spoon
- cookie cutter

Directions

- In a 3-quart heavy-bottomed pot, heat 2 tablespoons olive oil over medium-high heat. Season the short ribs with salt and pepper. Brown the short ribs for about 6 to 8 minutes per side, or until a nice crust forms.
- Pour in the grape juice and wine, scraping up any brown bits off the bottom of the pot with a wooden spoon.
- Add 1/2 of the green peppers, 1/2 onions, 1/2 garlic, 1/2 cilantro, 2 bay leaves, cumin, paprika, olives, roasted peppers, salt, and pepper. Bring to a boil, then reduce the heat and simmer for 2 1/2 hours.
- Meanwhile, boil the green bananas until fork tender. Strain and mash until smooth.
- Let cool. Cook the bacon in a medium skillet over medium heat until crispy.
- Add the remaining peppers, onion, garlic and 1/2 of the cilantro. Cook the mixture for about 8 minutes, and then add to the mashed plantains mixture and set aside.

- Oil the scallops with the remaining tablespoon of olive oil, and season with salt and pepper. Sear the scallops on both sides until golden brown, about 3 to 4 minutes per side.
- Use a 3-inch ring mold or circle-shaped cookie cutter and fill with mofongo, to shape on serving plate.
- Place a seared scallop on top of mofongo cake.
- Remove the short ribs from the pot and shear with fork.
- Place the ribs on top of the scallop, then use the sauce from the pan and pour about 2 tablespoons on top of it all and serve.

Nutrition Facts

PROTEIN 21.44%

FAT 47.47%

CARBS 31.09%

Properties

Glycemic Index:36.8, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:26.16521726743%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Petunidin: 2.4mg, Petunidin: 2.4mg, Petunidin: 2.4mg, Petunidin: 2.4mg Delphinidin: 3.83mg, Delphinidin: 3.83mg, Delphinidin: 3.83mg, Delphinidin: 3.83mg Malvidin: 23.15mg, Malvidin: 23.15mg, Malvidin: 23.15mg, Malvidin: 23.15mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 2.17mg, Peonidin: 2.17mg, Peonidin: 2.17mg, Peonidin: 2.17mg Catechin: 8.95mg, Catechin: 8.95mg, Catechin: 8.95mg, Catechin: 8.95mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 644.47kcal (32.22%), Fat: 32.84g (50.53%), Saturated Fat: 10.35g (64.71%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 44.35g (16.13%), Sugar: 33.7g (37.44%), Cholesterol: 99.52mg (33.17%), Sodium: 659.09mg (28.66%), Alcohol: 4.24g (100%), Alcohol %: 1.02% (100%), Protein: 33.38g (66.76%), Vitamin B12: 5µg (83.31%), Vitamin B6: 1.12mg (55.75%), Zinc: 7.46mg (49.74%), Manganese: 0.84mg (41.81%), Phosphorus: 415.13mg (41.51%), Selenium: 27.84µg (39.78%), Vitamin C: 30.08mg (36.46%), Vitamin B3: 6.86mg (34.29%), Potassium:

1192.39mg (34.07%), Iron: 4.9mg (27.2%), Magnesium: 89.5mg (22.37%), Vitamin B2: 0.36mg (20.98%), Vitamin B1: 0.28mg (18.88%), Fiber: 4.04g (16.15%), Copper: 0.28mg (13.78%), Vitamin E: 2.05mg (13.68%), Vitamin A: 682.69IU (13.65%), Vitamin K: 12.06µg (11.48%), Vitamin B5: 1.04mg (10.39%), Folate: 35.66µg (8.92%), Calcium: 70.09mg (7.01%)