



Braised Shortribs with Orange and Olive Salad

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

READY IN

ready

788 min.

SERVINGS

servings

10

CALORIES

calories

628 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 fillet anchovy chopped
- ☐ 1 bay leaf
- ☐ 6 pounds meaty beef short ribs on the bone
- ☐ 2 tablespoons capers
- ☐ 1 carrots coarsely chopped
- ☐ 2 rib celery coarsely chopped
- ☐ 1 quart chicken stock see
- ☐ 2 cups cooking wine dry red

- ☐ 1 head garlic separated
- ☐ 1 juice of lemon juiced
- ☐ 1 cup kalamata olives pitted
- ☐ 4 ounces olive oil
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 2 oranges cut in segments
- ☐ 1 cup parsley leaves packed
- ☐ 0.3 cup red wine vinegar
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 shallots thinly sliced
- ☐ 5 thyme sprigs fresh
- ☐ 0.5 cup tomato paste

Equipment

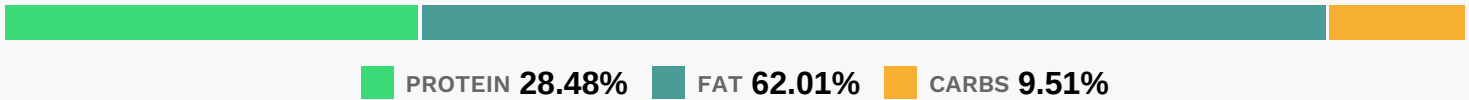
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ For the short ribs, preheat the oven to 325 degrees F.
- ☐ Heat 2 tablespoons of the olive oil in a large enameled cast iron casserole. Season the ribs with salt and pepper.
- ☐ Add half of the short ribs to the casserole and cook over moderately high heat until browned, about 6 minutes.
- ☐ Transfer the ribs to a plate. Repeat with the remaining oil and ribs.
- ☐ Add the celery, carrot and onion to the casserole and cook over moderate heat until softened, about 7 minutes.

- ☐ Add the tomato paste and cook, stirring, until glossy, about 2 minutes.
- ☐ Add the thyme sprigs, anchovies, bay leaf and garlic and cook, stirring, for 2 minutes.
- ☐ Add the stock, wine and vinegar and bring to a boil. Return the short ribs to the casserole, then cover and braise at 325 degrees F for 1 hour. Drop heat to 225 degrees F and cook for 4 more hours or until meat is tender.
- ☐ Remove ribs and strain liquid.
- ☐ Pour liquid back over ribs and let cool overnight in the refrigerator.
- ☐ For the salad, place all ingredients in nonreactive mixing bowl and toss together.
- ☐ To serve, skim fat off liquid and reheat ribs in their juice.
- ☐ Remove from pan and reduce liquid by half. Top ribs with liquid and orange salad.

Nutrition Facts



Properties

Glycemic Index:33.23, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:31.658695469732%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 627.66kcal (31.38%), Fat: 40.66g (62.56%), Saturated Fat: 11.58g (72.38%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.52g (4.19%), Sugar: 6.87g (7.64%), Cholesterol: 120.78mg (40.26%), Sodium: 634.09mg (27.57%), Alcohol: 5.04g (100%), Alcohol %: 1.4% (100%), Protein: 42.02g (84.04%), Vitamin B12: 6.74µg (112.37%), Vitamin K: 112.11µg (106.77%), Zinc: 9.89mg (65.95%), Vitamin B6: 0.93mg (46.37%), Selenium: 32.23µg (46.04%), Vitamin B3: 9.14mg (45.69%), Phosphorus: 433.55mg (43.36%), Vitamin A: 1868.49IU (37.37%), Vitamin

C: 28.73mg (34.82%), Iron: 5.74mg (31.87%), Potassium: 1095.14mg (31.29%), Vitamin B2: 0.44mg (25.91%), Vitamin E: 3.72mg (24.78%), Vitamin B1: 0.27mg (18.21%), Magnesium: 65.64mg (16.41%), Copper: 0.3mg (14.91%), Folate: 41.9µg (10.48%), Manganese: 0.21mg (10.38%), Fiber: 2.51g (10.04%), Vitamin B5: 0.81mg (8.06%), Calcium: 62.11mg (6.21%)