



Cabernet Short Ribs with Parmesan Polenta

READY IN



141 min.

SERVINGS



8

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black
- ☐ 3 ounce beef short ribs bone-in trimmed
- ☐ 2.5 cups wine dry red
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 3 cups milk fat-free
- ☐ 1 teaspoon flour all-purpose

- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 6 garlic cloves sliced
- ☐ 0.6 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.3 cups lower-sodium beef broth
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 1 cup quick-cooking polenta
- ☐ 1 rosemary sprig
- ☐ 0.8 cup shallots chopped
- ☐ 1 cup water
- ☐ 2 teaspoons water

Equipment

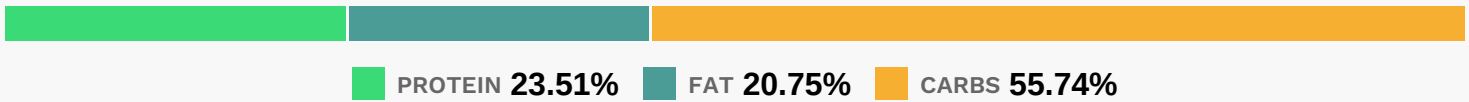
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Sprinkle ribs with salt and pepper.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add 1 teaspoon olive oil to pan.
- ☐ Add 8 ribs, and saut for 6 minutes, turning to brown on all sides.
- ☐ Remove ribs. Repeat procedure with remaining 1 teaspoon oil and 8 ribs.

- ☐ Add onion and the next 5 ingredients (through rosemary) to pan; saut 3 minutes, stirring constantly.
- ☐ Add wine to pan, and bring to a boil, scraping pan to loosen browned bits. Cook for 13 minutes or until reduced to 2 cups.
- ☐ Preheat oven to 35
- ☐ Add broth to pan, and bring to a boil. Return ribs to pan. Cover and bake at 350 for 1 1/2 hours, turning ribs after 45 minutes.
- ☐ Remove ribs from pan, and strain cooking liquid through a fine-mesh sieve over a bowl. Discard the solids. Skim fat; discard. Return cooking liquid to pan.
- ☐ Combine flour and 2 teaspoons water in a small bowl, stirring well.
- ☐ Add to pan, and bring to a boil. Cook for 11 minutes or until reduced to about 1 cup. Stir in vinegar.
- ☐ To prepare gremolata, combine 1/3 cup parsley, 1/2 teaspoon lemon rind, and minced garlic.
- ☐ To prepare polenta, bring 3 cups milk, 1 cup water, 5/8 teaspoon salt, and 1/8 teaspoon black pepper to a boil over medium heat. Slowly stir in 1 cup polenta. Cook 5 minutes or until thick, stirring frequently. Stir in cheese.
- ☐ Place 1/2 cup polenta in each of 8 shallow bowls, and top each serving with 2 ribs, 2 tablespoons sauce, and about 2 teaspoons gremolata.

Nutrition Facts



Properties

Glycemic Index:76.51, Glycemic Load:7.59, Inflammation Score:-9, Nutrition Score:13.185652110888%

Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg Apigenin: 5.57mg, Apigenin: 5.57mg, Apigenin: 5.57mg, Apigenin: 5.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.59mg, Quercetin: 4.59mg

4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 205.7kcal (10.28%), Fat: 3.59g (5.52%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 19.17g (6.97%), Sugar: 8.22g (9.14%), Cholesterol: 9.74mg (3.25%), Sodium: 368.16mg (16.01%), Alcohol: 7.88g (100%), Alcohol %: 3.1% (100%), Protein: 9.15g (18.3%), Vitamin K: 45.45µg (43.29%), Vitamin A: 1793.36IU (35.87%), Manganese: 0.62mg (31.09%), Phosphorus: 213.87mg (21.39%), Calcium: 197.43mg (19.74%), Vitamin B12: 0.84µg (13.97%), Potassium: 470.3mg (13.44%), Magnesium: 52.8mg (13.2%), Vitamin B6: 0.25mg (12.45%), Selenium: 8.07µg (11.52%), Vitamin B2: 0.18mg (10.67%), Vitamin B1: 0.15mg (10.24%), Fiber: 2.53g (10.12%), Vitamin C: 8.23mg (9.98%), Zinc: 1.42mg (9.49%), Iron: 1.26mg (7.02%), Vitamin D: 1.03µg (6.86%), Folate: 25.35µg (6.34%), Vitamin B5: 0.6mg (5.96%), Copper: 0.1mg (4.94%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.33mg (2.19%)