



Coffee-Marinated Bison Short Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1.5 ounces bacon chopped
- ☐ 4 pounds bison short ribs (often labeled buffalo)
- ☐ 0.3 cup chili sauce (such as Heinz)
- ☐ 0.5 cup kosher salt
- ☐ 3 tablespoons t brown sugar dark packed ()
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons rosemary leaves fresh chopped

- ☐ 6 garlic clove chopped
- ☐ 2 cups ice cubes
- ☐ 1 small jalapeno seeded chopped
- ☐ 1 cup chicken broth
- ☐ 0.3 cup maple syrup pure
- ☐ 2 cups onion chopped
- ☐ 0.5 cup shallots chopped
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup strong coffee decoction brewed
- ☐ 4 cups water
- ☐ 2 tablespoons worcestershire sauce

Equipment

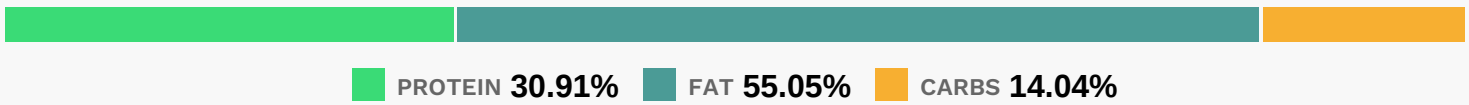
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Stir 4 cups water, coffee, 1/2 cup coarse salt, and sugar in large bowl until salt and sugar dissolve.
- ☐ Add syrup and next 3 ingredients; stir until ice melts.
- ☐ Add ribs.
- ☐ Place plate atop ribs to keep submerged. Cover and chill 4 to 6 hours.
- ☐ Drained ribs can be made 2 days ahead. Cover and chill.
- ☐ Preheat oven to 325°F. Sauté bacon in heavy large wide ovenproof pot over medium heat until beginning to brown. Using slotted spoon, transfer bacon to plate. Increase heat to medium-high.

- ☐ Sprinkle ribs with salt and pepper. Working in batches, cook ribs until browned on all sides, about 7 minutes per batch.
- ☐ Transfer to large plate.
- ☐ Add onions, shallots, garlic, and jalapeño to pot. Reduce heat to medium, cover, and cook until vegetables are soft, stirring occasionally, about 10 minutes.
- ☐ Add coffee and broth; stir, scraping up browned bits.
- ☐ Add chili sauce and all remaining ingredients; bring to boil.
- ☐ Add bacon and ribs, cover, and transfer to oven. Braise until meat is tender, about 2 hours 15 minutes. DO AHEAD: Can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm in 325°F oven until heated through, about 20 minutes, before continuing.
- ☐ Transfer ribs to plate; tent with foil to keep warm. Spoon fat from surface of sauce. Boil sauce until reduced to 2 cups, about 5 minutes.
- ☐ Pour sauce over ribs.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:5.57, Inflammation Score:-3, Nutrition Score:10.452608717524%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.17mg,
Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,
Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.67mg,
Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg,
Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:
0.08mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 810.29kcal (40.51%), Fat: 50.33g (77.43%), Saturated Fat: 24.55g (153.42%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.61g (9.68%), Sugar: 20.07g (22.3%), Cholesterol: 192.16mg (64.05%), Sodium: 10413.11mg (452.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 63.58g (127.17%), Iron: 8.88mg (49.31%), Calcium: 377.48mg (37.75%), Manganese: 0.58mg (29%), Vitamin B2: 0.27mg

(15.61%), Vitamin C: 11.95mg (14.48%), Vitamin B6: 0.23mg (11.73%), Potassium: 378.25mg (10.81%), Fiber: 2.27g (9.09%), Copper: 0.16mg (7.81%), Phosphorus: 75.38mg (7.54%), Vitamin B3: 1.44mg (7.22%), Vitamin B1: 0.1mg (6.86%), Magnesium: 25.53mg (6.38%), Selenium: 4.34µg (6.2%), Folate: 21.5µg (5.38%), Zinc: 0.56mg (3.76%), Vitamin B5: 0.33mg (3.27%), Vitamin A: 134.77IU (2.7%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.62µg (1.54%), Vitamin B12: 0.07µg (1.25%)