



Easy Short Ribs Braised in Red Wine

READY IN



160 min.

SERVINGS



40

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots finely chopped
- ☐ 1 large rib celery finely chopped
- ☐ 2 cups chicken stock see
- ☐ 1 bottle cooking wine dry red
- ☐ 40 servings buttered egg noodles for serving
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 medium onion finely chopped
- ☐ 40 servings salt and pepper freshly ground
- ☐ 11 pounds flanken-cut short with bone 2-inch-thick

- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons vegetable oil

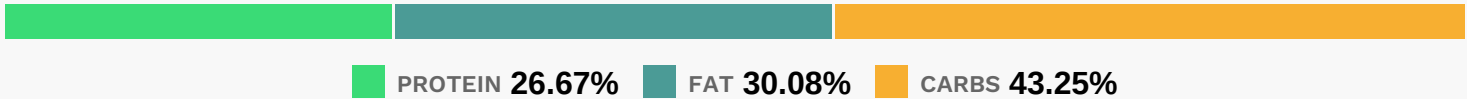
Equipment

- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ In a large, enameled cast-iron casserole, melt the butter.
- ☐ Add the onion, celery and carrot, cover and cook over moderate heat until slightly softened, about 5 minutes. Uncover and cook until the vegetables are lightly browned, about 3 minutes longer. Stir in the tomato paste.
- ☐ Add the flour and cook for 1 minute, stirring.
- ☐ Add the wine and veal stock and bring to a simmer.
- ☐ Meanwhile, heat the oil in a large skillet until shimmering. Season the ribs with salt and pepper, add them to the pan and cook over moderately high heat, turning, until they are well browned, about 15 minutes.
- ☐ Transfer the short ribs to the casserole. Partially cover and cook over moderately low heat until very tender, about 2 hours.
- ☐ Transfer the ribs to a plate and remove the bones. Strain the sauce into a heatproof measuring cup and skim off the fat. Return the sauce to the casserole and boil until reduced to 2 cups, 10 minutes. Return the meat to the sauce and simmer over low heat until heated through.
- ☐ Serve the ribs with egg noodles.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:17.12, Inflammation Score:-5, Nutrition Score:17.235217255095%

Flavonoids

Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 404.84kcal (20.24%), Fat: 12.89g (19.83%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.7g (14.44%), Sugar: 1.54g (1.71%), Cholesterol: 101.88mg (33.96%), Sodium: 289.64mg (12.59%), Alcohol: 1.97g (100%), Alcohol %: 1.35% (100%), Protein: 25.72g (51.43%), Selenium: 57.69µg (82.42%), Vitamin B12: 3.25µg (54.16%), Zinc: 5.46mg (36.41%), Phosphorus: 313.8mg (31.38%), Manganese: 0.5mg (25.16%), Vitamin B6: 0.49mg (24.56%), Vitamin B3: 4.54mg (22.7%), Iron: 3.11mg (17.28%), Potassium: 492.8mg (14.08%), Magnesium: 53.92mg (13.48%), Vitamin B1: 0.19mg (12.73%), Vitamin B2: 0.21mg (12.11%), Copper: 0.24mg (12.06%), Vitamin B5: 0.81mg (8.14%), Fiber: 1.99g (7.95%), Vitamin A: 356.9IU (7.14%), Folate: 23.97µg (5.99%), Calcium: 29.03mg (2.9%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.93µg (1.84%), Vitamin D: 0.17µg (1.16%)