



Garlic-Braised Beef Shanks

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 3 large carrots
- ☐ 8 servings garnish: celery leaves
- ☐ 3 celery ribs
- ☐ 0.7 cup flour all-purpose
- ☐ 4 large heads garlic
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 8 inch lemon zest fresh

- ☐ 14 fluid ounces beef broth reduced-sodium
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon salt
- ☐ 8 thyme sprigs fresh
- ☐ 2 turkish bay leaf
- ☐ 2 cups water

Equipment

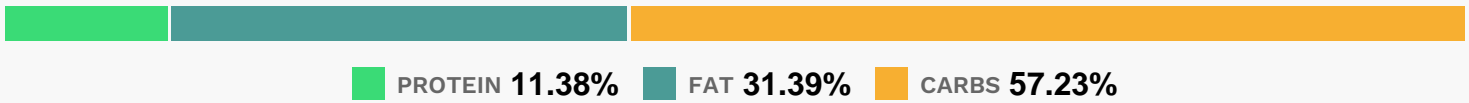
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat shanks dry and rub all over with salt and pepper. Dredge shanks in flour, turning to coat.
- ☐ Heat 1 1/2 tablespoons oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then brown shanks on all sides in 3 batches, adding 1/2 tablespoon oil if necessary, 5 to 6 minutes per batch.
- ☐ Transfer shanks to a large roasting pan.
- ☐ Add broth and water to skillet and bring to a boil, scraping up brown bits. Nestle garlic (cut sides down), zest, thyme, and bay leaves with celery and carrots around shanks in pan and add broth mixture. Cover surface with a sheet of parchment paper and tightly cover pan with foil.
- ☐ Transfer to oven and braise until meat is very tender, 2 1/2 to 3 hours. Skim off and discard fat from cooking liquid and cool mixture completely, uncovered, about 1 hour, then chill, covered, at least 6 hours.
- ☐ Preheat oven to 350°F (leave rack in middle position).

- ☐ Skim off and discard any remaining fat from surface of pan juices and reheat shank mixture, covered, in oven, turning shanks over once, 1 hour. Discard bay leaf, thyme sprigs, and zest.
- ☐ Transfer shanks and vegetables with garlic to a serving dish and keep warm, covered. If pan juices measure more than 3 cups, boil in a cleaned 12-inch skillet until reduced; if less, add water. Squeeze garlic pulp from 1 head into pan juices, discarding skin, and whisk to incorporate, then add lemon juice and salt and pepper to taste.
- ☐ Pour sauce over shanks and serve, along with vegetables and remaining garlic heads.
- ☐ Braised shank mixture can be chilled, covered, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:8.5395650967308%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 80.47kcal (4.02%), Fat: 2.9g (4.46%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 10.16g (3.7%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 992.47mg (43.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin A: 4574.45IU (91.49%), Manganese: 0.47mg (23.32%), Vitamin C: 7.29mg (8.83%), Fiber: 1.73g (6.93%), Vitamin B1: 0.1mg (6.91%), Vitamin K: 7.03µg (6.69%), Folate: 26.46µg (6.62%), Potassium: 228.39mg (6.53%), Selenium: 3.64µg (5.2%), Iron: 0.88mg (4.9%), Vitamin B3: 0.93mg (4.65%), Vitamin B2: 0.08mg (4.54%), Vitamin E: 0.63mg (4.17%), Vitamin B6: 0.06mg (2.78%), Calcium: 25.86mg (2.59%), Copper: 0.05mg (2.58%), Magnesium: 10.27mg (2.57%), Phosphorus: 23.76mg (2.38%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.19mg (1.27%)