



Gina's Oxtail Stew

READY IN



265 min.

SERVINGS



6

CALORIES



1469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups beef broth
- ☐ 8 ounces button mushrooms
- ☐ 15 ounce canned tomatoes diced with juice canned
- ☐ 2 carrots cut into half moons, 1/
- ☐ 2 stalks celery cut into 1/ pieces
- ☐ 2 tablespoons chives minced
- ☐ 750 ml cooking wine dry red
- ☐ 0.3 cup flour all-purpose

- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic diced finely
- ☐ 4 cloves garlic peeled smashed
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 5 pounds meaty oxtails
- ☐ 2 tablespoons parmesan grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 small shallots diced finely
- ☐ 0.3 cup tomato paste
- ☐ 4 tablespoons butter unsalted divided
- ☐ 12 ounce wide egg noodles

Equipment

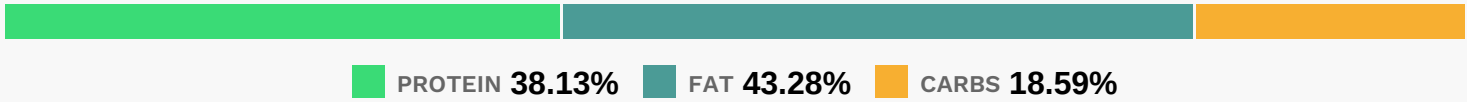
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Wash and dry the oxtails.
- ☐ Add the meat to a large bowl and season with salt and pepper, to taste. Toss the meat in the flour until lightly coated.
- ☐ Add the olive oil to a large Dutch oven over medium heat. Brown the oxtails on all sides, in batches, until well browned.
- ☐ Transfer the meat to a plate and pour off some of the drippings, if necessary.

- ☐ Add the onions, carrots, celery, thyme, and garlic to the pot and saute until the onions are tender and beginning to brown, about 5 minutes. Season with salt and pepper, to taste. Stir in the tomato paste and toast. Deglaze the pot with the bottle of red wine and stir up all the browned bits on the bottom of the pan. Stir in the beef broth, tomatoes with their juices and the bay leaves.
- ☐ Add the browned beef back into the pot along with any accumulated juices that may have collected on the plate. Bring the stew to a boil, then reduce the heat to a low simmer. Cover and cook until the beef is tender and falling off the bone, about 3 1/2 hours.
- ☐ Stir in the mushrooms and cook uncovered, for 30 minutes more. Taste for seasoning.
- ☐ Add salt and pepper, if needed, and stir in the red wine vinegar to brighten the flavor.
- ☐ Remove the meat from the pot and pull the meat off the bones, then add back to the pot. Discard the bones.
- ☐ Transfer the stew to a serving dish and serve hot over Buttered Noodles.
- ☐ Cook the noodles in a large pot of boiling salted water over medium heat, according to the package directions.
- ☐ Drain in a colander and set aside.
- ☐ Melt 2 tablespoons butter in a large skillet over medium heat.
- ☐ Add the shallot and garlic and saute until tender. Season with salt and pepper, to taste.
- ☐ Add the remaining 2 tablespoons butter and melt. Stir in the chives, Parmesan and lemon.
- ☐ Add the noodles to the skillet and toss to combine.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:96.47, Glycemic Load:24.15, Inflammation Score:-10, Nutrition Score:27.956087091695%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg,

Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 1469.19kcal (73.46%), Fat: 65.99g (101.53%), Saturated Fat: 26.58g (166.11%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 57.64g (20.96%), Sugar: 8.94g (9.93%), Cholesterol: 484.62mg (161.54%), Sodium: 1279.93mg (55.65%), Alcohol: 13.31g (100%), Alcohol %: 1.96% (100%), Protein: 130.8g (261.59%), Iron: 18.82mg (104.54%), Vitamin A: 4270.53IU (85.41%), Selenium: 52.68µg (75.26%), Manganese: 0.93mg (46.44%), Copper: 0.53mg (26.36%), Vitamin C: 21.63mg (26.22%), Phosphorus: 260.47mg (26.05%), Vitamin B3: 5.07mg (25.36%), Fiber: 6.14g (24.58%), Potassium: 821.98mg (23.49%), Vitamin B6: 0.44mg (21.94%), Vitamin B2: 0.36mg (20.96%), Calcium: 193.24mg (19.32%), Magnesium: 73.33mg (18.33%), Vitamin B1: 0.27mg (17.98%), Vitamin E: 2.65mg (17.67%), Vitamin K: 17.86µg (17.01%), Folate: 63.04µg (15.76%), Vitamin B5: 1.52mg (15.23%), Zinc: 1.87mg (12.47%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.39µg (2.63%)