



Milanese Braised Beef

READY IN



45 min.

SERVINGS



10

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 4 carrots peeled cut into (3/8-inch-thick) slices (12 ounces)
- ☐ 2 cups chianti
- ☐ 3 pound chuck roast boneless trimmed
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons flour all-purpose

- ☐ 3 sprigs basil fresh
- ☐ 3 sprigs marjoram fresh
- ☐ 3 garlic cloves sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.3 cups less-sodium beef broth fat-free
- ☐ 1.5 cups onion chopped
- ☐ 1 cup pancetta cubed () (4 ounces)
- ☐ 6 parsnips peeled cut into (3/8-inch-thick) slices (1 1/2 pounds)
- ☐ 1.3 teaspoons salt divided
- ☐ 0.3 cup water

Equipment

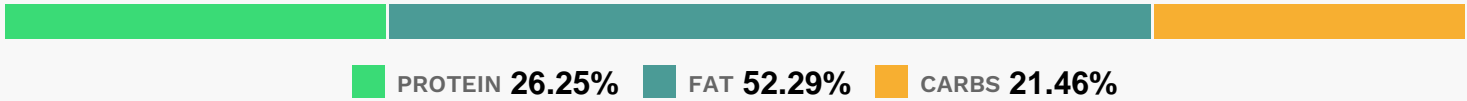
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 30
- ☐ Combine flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, cinnamon, and cloves, stirring well. Make several small slits on outside of roast with a paring knife; stuff with pancetta and garlic slices.
- ☐ Roll roast; secure at 1-inch intervals with twine.

- ☐ Sprinkle roast with remaining 1 teaspoon salt and 1/4 teaspoon pepper. Coat surface of roast with flour mixture, patting with your hands so it adheres.
- ☐ Heat oil and butter in a large Dutch oven over medium heat.
- ☐ Add roast to pan; cook 15 minutes, turning to brown on all sides.
- ☐ Add onion to pan around roast; cook 5 minutes or until browned. Stir in wine and broth.
- ☐ Place basil, marjoram, and bay leaf on a double layer of cheesecloth. Gather edges of cloth together; tie securely.
- ☐ Add cheesecloth bag to pan; bring to a boil. Cover and bake at 300 for 2 1/2 hours, turning roast every 45 minutes. Nestle carrots and parsnips in pan; cook 1 hour or until roast is tender enough to cut with a spoon.
- ☐ Transfer roast and vegetables to a platter. Discard twine; keep beef warm. Strain wine mixture through a sieve into a large bowl; discard cheesecloth bag. Return wine mixture to pan; bring to a boil. Cook 10 minutes.
- ☐ Combine 1/4 cup water and cornstarch in small bowl, stirring with a whisk.
- ☐ Add cornstarch mixture to pan, and bring to a boil. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat. Taste and adjust seasoning, if desired.
- ☐ Wine note: Pinot noir is a nice match for this classic casserole because the dish incorporates many flavors found in pinot (cinnamon, cloves, meat, black pepper, bay), plus the wine's hint of cherry is a sumptuous contrast to the savoriness of all those slow-cooked beefy flavors. A favorite pinot: Cambria "Julia's Vineyard" Pinot Noir 2006 (\$2
- ☐ from California's Santa Maria Valley. Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:41.98, Glycemic Load:8.95, Inflammation Score:-10, Nutrition Score:29.419564910557%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 511.92kcal (25.6%), Fat: 27.95g (43%), Saturated Fat: 10.9g (68.13%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 19.97g (7.26%), Sugar: 6.66g (7.4%), Cholesterol: 112.52mg (37.51%), Sodium: 649.44mg (28.24%), Alcohol: 5.23g (100%), Alcohol %: 1.68% (100%), Protein: 31.57g (63.15%), Vitamin A: 4190.36IU (83.81%), Zinc: 11.2mg (74.67%), Vitamin B12: 3.84µg (63.93%), Selenium: 35.55µg (50.78%), Vitamin B3: 7.91mg (39.53%), Phosphorus: 377.76mg (37.78%), Vitamin B6: 0.74mg (37.22%), Manganese: 0.69mg (34.39%), Vitamin K: 33.81µg (32.2%), Potassium: 1032.01mg (29.49%), Vitamin C: 19.72mg (23.91%), Fiber: 5.84g (23.37%), Iron: 3.78mg (21.02%), Folate: 80.57µg (20.14%), Vitamin B1: 0.29mg (19.07%), Vitamin B2: 0.3mg (17.48%), Vitamin B5: 1.64mg (16.42%), Magnesium: 62.63mg (15.66%), Vitamin E: 2.2mg (14.69%), Copper: 0.24mg (11.84%), Calcium: 77.1mg (7.71%), Vitamin D: 0.23µg (1.54%)