



Morel-Crusted Ribs with Polenta

READY IN



45 min.

SERVINGS



4

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups breadcrumbs from day-old bread fresh french crustless
- ☐ 2 tablespoons butter room temperature ()
- ☐ 1 medium carrots peeled chopped
- ☐ 0.3 cup dijon mustard ()
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 large garlic cloves minced

- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups low-salt chicken broth canned
- ☐ 1 ounce morel mushrooms dried
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 4 servings polenta
- ☐ 1.5 ounces pancetta finely chopped
- ☐ 1 teaspoon salt
- ☐ 3.5 pounds meaty short
- ☐ 1.5 cups water boiling

Equipment

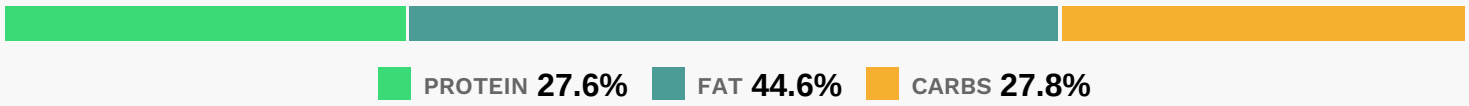
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Place morels in small bowl.
- ☐ Pour 1 1/2 cups boiling water over; let soak until mushrooms soften, at least 30 minutes and up to 4 hours.
- ☐ Drain mushrooms, reserving soaking liquid. Rinse mushrooms under cold water to remove any excess dirt.
- ☐ Preheat oven to 350°F.
- ☐ Mix 1 teaspoon thyme, rosemary, salt, and pepper in small bowl. Rub herb mixture all over short ribs.
- ☐ Heat oil in heavy large ovenproof pot over medium-high heat. Working in batches, add ribs to pot and cook until brown on all sides, about 10 minutes per batch.
- ☐ Transfer ribs to bowl.
- ☐ Pour off all but 2 tablespoons fat from pot. Reduce heat to medium.

- ☐ Add onion, carrot, garlic, and prosciutto to pot; sauté until vegetables begin to soften, about 5 minutes.
- ☐ Add wine and bring to boil, scraping up any browned bits from bottom of pot.
- ☐ Add broth, bay leaf, reserved morels, morel soaking liquid (leaving any sediment behind), and remaining 1 teaspoon thyme to pot. Return ribs to pot, meat side down; bring to boil. Cover pot tightly; transfer to oven and bake until ribs are very tender, about 1 hour 45 minutes.
- ☐ Remove from oven. (Short ribs can be braised 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm slightly over medium heat before continuing.)
- ☐ Preheat oven to 450°F.
- ☐ Transfer ribs to large roasting pan, bone side down.
- ☐ Remove 5 large morels from pot and finely chop.
- ☐ Place in medium bowl.
- ☐ Add butter and mix with fork to blend.
- ☐ Mix in breadcrumbs. Season with salt and pepper.
- ☐ Spread 1 teaspoon mustard over top of each rib.
- ☐ Spread breadcrumb mixture over top of each rib, pressing to adhere.
- ☐ Bake until topping is crisp and golden, about 10 minutes.
- ☐ Meanwhile, spoon off any fat from top of sauce in pot and discard. Boil sauce until slightly thickened and reduced to generous 2 cups, about 10 minutes. Season with salt and pepper.
- ☐ Spoon polenta into bowls. Top with short ribs. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:92.13, Glycemic Load:32.1, Inflammation Score:-10, Nutrition Score:49.002174107925%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 1125.61kcal (56.28%), Fat: 53.3g (81.99%), Saturated Fat: 19.65g (122.83%), Carbohydrates: 74.75g (24.92%), Net Carbohydrates: 67.6g (24.58%), Sugar: 10.18g (11.31%), Cholesterol: 193.01mg (64.34%), Sodium: 1672.97mg (72.74%), Alcohol: 6.18g (100%), Alcohol %: 0.99% (100%), Protein: 74.22g (148.45%), Vitamin B12: 10.01µg (166.75%), Selenium: 85.75µg (122.5%), Zinc: 15.85mg (105.65%), Vitamin B3: 19.21mg (96.05%), Manganese: 1.83mg (91.58%), Phosphorus: 825.69mg (82.57%), Vitamin B6: 1.47mg (73.3%), Iron: 12.62mg (70.14%), Vitamin B1: 0.87mg (58.09%), Vitamin A: 2814.82IU (56.3%), Vitamin B2: 0.86mg (50.33%), Potassium: 1559.92mg (44.57%), Magnesium: 141.91mg (35.48%), Folate: 131.67µg (32.92%), Fiber: 7.15g (28.59%), Copper: 0.56mg (28.03%), Calcium: 223.8mg (22.38%), Vitamin B5: 2.23mg (22.3%), Vitamin K: 14.02µg (13.36%), Vitamin E: 1.61mg (10.74%), Vitamin C: 6.29mg (7.63%), Vitamin D: 0.4µg (2.69%)