



Oxtail Bourguignonne

READY IN



240 min.

SERVINGS



6

CALORIES



1157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 8 slices bacon chopped
- ☐ 1.8 cups beef broth
- ☐ 1 tablespoon butter
- ☐ 1 cup carrots diced cut into 2-inch chunks
- ☐ 1 pound crimini mushrooms cut into 1/4-inch-thick slices (baby bella)
- ☐ 2 large bay leaf fresh
- ☐ 0.3 teaspoon nutmeg
- ☐ 6 servings olive oil

- ☐ 2 cups onion chopped
- ☐ 4 pounds oxtail trimmed
- ☐ 3 large parsley fresh italian
- ☐ 12 small shallots peeled (1-inch-diameter)
- ☐ 3 large thyme sprigs fresh
- ☐ 4 large garlic clove whole minced peeled
- ☐ 1.5 cups red wine (such as Beaujolais)

Equipment

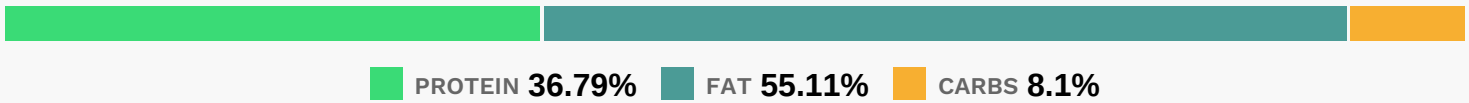
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in heavy large pot over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to plate.
- ☐ Pour drippings into small bowl. Return 6 tablespoons drippings to pot (add olive oil, if necessary, to measure 6 tablespoons total; reserve bacon for another use). Tie parsley, thyme, and bay leaves together for bouquet garni. Stir 1 tablespoon flour and butter in small bowl to smooth paste.
- ☐ Whisk 1 1/2 cups flour, 2 teaspoons salt, 1/2 teaspoon freshly ground black pepper, and nutmeg in medium bowl.
- ☐ Add oxtails, a few pieces at a time, to seasoned flour and toss to coat.
- ☐ Heat bacon drippings in pot over medium-high heat. Working in batches, add oxtails and brown on all sides, about 6 minutes per batch.
- ☐ Transfer oxtails to bowl after each batch.
- ☐ Reduce heat to medium-low.
- ☐ Add chopped onions, diced carrot, and minced garlic to pot. Sauté until onions soften, 5 to 6 minutes. Return oxtails and any accumulated juices to pot.

- ☐
- Add bouquet garni, then broth and wine. Bring to boil. Cover and simmer until meat is almost tender, adjusting heat occasionally to maintain gentle simmer, about 3 hours.
- ☐
- Mix in mushrooms, shallots, carrot chunks, and whole garlic cloves. Increase heat and return to boil. Reduce heat to low. Cover pot and simmer gently until meat and vegetables are tender, about 45 minutes longer.
- ☐
- Tilt pot and spoon off any fat that rises to surface. Stir flour paste into stew. Simmer uncovered until sauce thickens slightly, stirring occasionally, 6 to 8 minutes. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cool 1 hour. Refrigerate uncovered until cold, then cover and keep refrigerated. rewarm over low heat before serving.

Nutrition Facts



Properties

Glycemic Index:70.14, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:22.365652167279%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 1.19mg, Apigenin: 1.19mg, Apigenin: 1.19mg, Apigenin: 1.19mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1157.09kcal (57.85%), Fat: 67.99g (104.61%), Saturated Fat: 23.18g (144.89%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 18.74g (6.81%), Sugar: 8.93g (9.93%), Cholesterol: 357.01mg (119%), Sodium: 1087.02mg (47.26%), Alcohol: 6.36g (100%), Alcohol %: 1.18% (100%), Protein: 102.11g (204.22%), Iron: 13.87mg (77.08%), Vitamin A: 3705.58IU (74.11%), Selenium: 27.78µg (39.69%), Vitamin B2: 0.48mg (28.03%), Vitamin B3: 5.21mg (26.05%), Manganese: 0.5mg (24.93%), Vitamin B6: 0.5mg (24.83%), Copper: 0.48mg (24.18%), Potassium:

840.24mg (24.01%), Phosphorus: 214.8mg (21.48%), Vitamin K: 20.5µg (19.52%), Vitamin B5: 1.62mg (16.22%),
Vitamin B1: 0.24mg (16.05%), Vitamin E: 2.38mg (15.88%), Fiber: 3.75g (14.98%), Folate: 55.61µg (13.9%), Vitamin C:
11.31mg (13.71%), Calcium: 130.01mg (13%), Zinc: 1.66mg (11.03%), Magnesium: 39.38mg (9.85%), Vitamin B12: 0.28µg
(4.59%), Vitamin D: 0.19µg (1.29%)