



Oxtail Soup with Onions and Barley

READY IN



45 min.

SERVINGS



8

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef shanks
- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup bourbon
- ☐ 2 medium carrots peeled coarsely chopped
- ☐ 2 celery stalks coarsely chopped
- ☐ 8 servings cornbread prepared (for serving)
- ☐ 2 cups wine dry red
- ☐ 4 sprigs flat parsley
- ☐ 4 garlic clove chopped

- ☐ 8 servings kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.5 cup quick-cooking barley
- ☐ 12 ounces pearl onions
- ☐ 3 large onion red thinly sliced
- ☐ 3 large shallots coarsely chopped
- ☐ 2 sprigs thyme leaves
- ☐ 3 tablespoons butter unsalted
- ☐ 3 tablespoons vegetable oil divided

Equipment

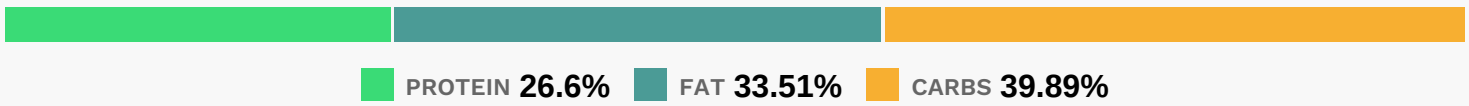
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in a large heavy pot over medium-high heat. Season oxtails with salt and pepper. Working in 2 batches, cook until browned on all sides, adding 1 tablespoon oil between batches, 10–15 minutes per batch; transfer to a plate.
- ☐ Add remaining 1 tablespoon oil to same pot.
- ☐ Add shallots, carrots, and celery. Cook, stirring occasionally, until golden brown, 8–10 minutes.
- ☐ Add garlic; cook, stirring, just until fragrant, about 1 minute.
- ☐ Add wine; cook, scraping up browned bits, until reduced by half, 5–8 minutes.
- ☐ Add parsley, thyme, and 4 cups water; return oxtails to pot. Bring to a boil, reduce heat, cover, and simmer, stirring occasionally, until meat is fork-tender, 3–3 1/2 hours.
- ☐ Using a slotted spoon, transfer oxtails to a plate.
- ☐ Let cool slightly; shred meat, discarding bones. Strain stock through a fine-mesh sieve into a large bowl or measuring cup (discard solids). Skim fat from stock; add water if needed to measure 4 cups. DO AHEAD: Oxtail stock and meat can be made 2 days ahead.

- ☐ Let cool. Coverseparately; chill. Rewarm before using.
- ☐ Cook cipolline onions in a large saucepanof boiling salted water until tender,5–8 minutes.
- ☐ Drain and let cool. Trim rootends; peel and set aside.
- ☐ Heat butter in a large heavy pot overmedium heat.
- ☐ Add red onions and cook,stirring occasionally, adding water bytablespoonfuls if pot becomes dry, untilsoft and deep brown, 45–60 minutes.
- ☐ Remove from heat; add bourbon andreserved cipolline onions. Return to heatand cook, scraping up browned bits, untilbourbon is evaporated, about 4 minutes.
- ☐ Add chicken broth, barley, and reservedoxtail stock. Bring to a boil, reduce heat,and simmer, stirring occasionally, untilbarley is tender, 45–60 minutes. Seasonwith salt and pepper. DO AHEAD: Soup canbe made 2 days ahead.
- ☐ Let cool slightly; chilluntil cold. Cover and keep chilled. Reheatbefore continuing.
- ☐ Add reserved oxtail meat to soup. Thinsoup with water, if needed. Divide soupamong bowls and serve with cornbreadalongside.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:29.476521699325%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 630.82kcal (31.54%), Fat: 20.99g (32.3%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 50.62g (18.41%), Sugar: 14.83g (16.47%), Cholesterol: 98.56mg (32.85%), Sodium: 674.8mg

(29.34%), Alcohol: 9.64g (100%), Alcohol %: 2.66% (100%), Protein: 37.5g (74.99%), Vitamin B12: 4.74µg (78.96%), Zinc: 10.43mg (69.51%), Phosphorus: 597.69mg (59.77%), Vitamin A: 2842.43IU (56.85%), Vitamin B3: 10.69mg (53.45%), Selenium: 34.84µg (49.77%), Vitamin B6: 0.9mg (45.2%), Iron: 5.16mg (28.65%), Vitamin B2: 0.48mg (27.99%), Manganese: 0.52mg (26.06%), Potassium: 910.32mg (26.01%), Fiber: 5.61g (22.42%), Vitamin K: 23.35µg (22.23%), Vitamin B1: 0.33mg (22.19%), Folate: 70.22µg (17.55%), Calcium: 148.61mg (14.86%), Copper: 0.28mg (14.11%), Magnesium: 53.31mg (13.33%), Vitamin C: 9.47mg (11.48%), Vitamin B5: 1.05mg (10.53%), Vitamin E: 0.98mg (6.52%)