

Oxtail Soup with Onions and Barley



Ingredients

4 pounds beef shanks

8 servings pepper black freshly ground
O.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
1 garlic clove channed

	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
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	slotted spoon
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Ш	Heat 1 tablespoon oil in a largeheavy pot over medium-high heat. Seasonoxtails 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.
	Addwine; cook, scraping up browned bits, untilreduced by half, 5-8 minutes.
	Add parsley,thyme, and 4 cups water; return oxtails topot. Bring to a boil, reduce heat, cover, andsimmer, stirring occasionally, until meat isfork-tender, 3-3 1/2 hours.
	Using a slotted spoon, transfer oxtailsto a plate.
	Let cool slightly; shred meat, discarding bones. Strain stock through afine-mesh sieve into a large bowl or measuringcup (discard solids). Skim fat fromstock; add water if needed to measure4 cups. DO AHEAD: Oxtail stock and meatcan 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 by tables poonfuls 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		
	PROTEIN 26.6% FAT 33.51% CARBS 39.89%	

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, Malvidin: 15.74mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 6.4mg, Epicatechin: 6.4mg

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: 2842.43lU (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%)