



Oxtails al Barolo with Soft Polenta



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



1993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy dry rinsed
- ☐ 0.5 medium carrots shredded finely
- ☐ 2 carrots cut into 1/2 inch rounds
- ☐ 2 ribs celery cut into 1 inch pieces
- ☐ 2 cups chicken stock see
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 onion spanish cut into 1/4-inch dice

- ☐ 5 pounds oxtails thick cut into pieces
- ☐ 2 medium onion red cut into 1/2 inch dice
- ☐ 1 bunch rosemary
- ☐ 4 servings salt to taste
- ☐ 2 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3 ounces virgin olive oil
- ☐ 6 tablespoons virgin olive oil
- ☐ 2 cups barolo wine

Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place oxtails in cold water and bring to a boil. Lower heat and simmer 30 minutes.
- ☐ Drain and cool. In a heavy-bottomed Dutch oven, heat oil until smoking.
- ☐ Place onion, carrots and celery in pot and cook until golden brown, about 10 to 12 minutes.
- ☐ Add wine, anchovy, chicken stock, tomato sauce and rosemary and bring to a boil.
- ☐ Add oxtails to liquid, cover and bring to a boil. Lower heat to simmer and cook 1 1/2 hours or until fork tender.
- ☐ Serve with soft polenta.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



 **PROTEIN 38.14%**  **FAT 56.72%**  **CARBS 5.14%**

Properties

Glycemic Index:83.17, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:25.527391245184%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg

Nutrients (% of daily need)

Calories: 1992.62kcal (99.63%), Fat: 119.45g (183.77%), Saturated Fat: 36.45g (227.79%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 19.54g (7.11%), Sugar: 9.14g (10.15%), Cholesterol: 628.49mg (209.5%), Sodium: 1541.55mg (67.02%), Alcohol: 12.48g (100%), Alcohol %: 1.56% (100%), Protein: 180.7g (361.4%), Iron: 29.11mg (161.7%), Vitamin A: 6663.6IU (133.27%), Vitamin K: 106.29µg (101.23%), Vitamin E: 6.93mg (46.23%), Manganese: 0.73mg (36.62%), Calcium: 261.89mg (26.19%), Vitamin B6: 0.4mg (19.82%), Fiber: 4.82g (19.26%), Potassium: 638.27mg (18.24%), Vitamin C: 13.76mg (16.68%), Vitamin B3: 3.31mg (16.53%), Folate: 51.93µg (12.98%), Vitamin B2: 0.22mg (12.9%), Phosphorus: 119.46mg (11.95%), Magnesium: 47.33mg (11.83%), Vitamin B1: 0.16mg (10.41%), Copper: 0.21mg (10.3%), Selenium: 4.86µg (6.94%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.37mg (3.69%)