



 **54%**  
HEALTH SCORE

## Pot-Au-Feu

READY IN



45 min.

SERVINGS



8

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound baby potatoes
- 3 beef ribs bone-in
- 2 pounds beef bone marrow
- 2 pound brisket
- 1 teaspoon peppercorns whole black
- 8 servings bread toasted sliced
- 1 pound carrots peeled chopped cut into 2" pieces)
- 2 celery stalks chopped
- 0.3 cup crème fraîche

- 8 servings dijon mustard
- 0.3 cup flat parsley finely chopped
- 10 sprigs flat parsley
- 2 bay leaves dried fresh (or 1)
- 3 bay leaves dried fresh (or 1)
- 0.3 cup chives fresh finely chopped
- 0.3 cup tarragon fresh finely chopped
- 1 head garlic halved
- 1 pound garlic
- 2 garlic clove minced
- 2 tablespoons horseradish white prepared drained
- 0.5 cup kosher salt
- 8 servings pepper black freshly ground
- 3 "-" long marrow bones
- 0.5 cup olive oil extra virgin extra-virgin
- 1 onion quartered
- 2 pounds oxtail
- 1 pound rutabaga peeled cut into wedges
- 1 pound savoy cabbage halved
- 0.3 cup sugar
- 10 sprigs thyme leaves
- 1 pound ground veal
- 1 pound veal knuckle bones
- 8 servings coarse mustard whole

## Equipment

- bowl
- sauce pan
- pot

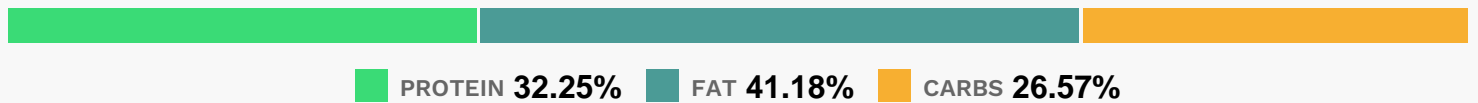
- sieve
- baking pan
- aluminum foil
- cheesecloth
- kitchen twine

## Directions

- Bring first 5 ingredients and 8 cups water to a simmer in a medium saucepan over medium heat, stirring until sugar and salt dissolve.
- Remove from heat; let cool to room temperature.
- Place brisket and short ribs in a large baking dish.
- Pour brine over to cover completely. Cover and chill for at least 8 hours or overnight.
- Remove meat; rinse and set aside.
- Place first 6 ingredients in center of a triple layer of cheesecloth. Gather up edges; tie with kitchen twine to form a bundle for bouquet garni. Wrap marrow bones in cheesecloth; tie into a bundle with twine. If desired, tie oxtails with twine around circumference to keep meat from falling off bones.
- Place brisket, short ribs, bouquet garni, marrow bones, oxtails, beef bones, veal bones, veal breast, 2 chopped carrots, celery, and onion in a very large heavy pot.
- Add water to cover meat (about 7 quarts). Bring to a boil, skimming off any scum and fat that rise to the surface. Reduce heat and simmer, skimming occasionally, until short ribs are tender, 2-2 1/2 hours.
- Transfer short ribs to a 13x9x2" baking dish; add 4 cups broth from pot and tent with foil to keep meat warm and moist.
- Add sausage to pot; continue simmering until sausage is cooked through and remaining meats are tender, about 30 minutes longer.
- Transfer sausage, brisket, oxtails, and marrow bones to dish with short ribs.
- Place a large strainer over another large pot; strain broth, discarding remaining meats, bones, and other solids in strainer. (You should have about 10 cups broth.) Return broth to a boil; add rutabagas, cabbage, potatoes, and 2" pieces of carrots. Simmer until vegetables are tender but not mushy, about 30 minutes.

- Mix first 5 ingredients in a small bowl to make salsa verde. Season with salt and pepper; set aside. Stir crme frache and horseradish in another small bowl; season with salt.
- Transfer vegetables to a platter. Thinly slice brisket against the grain; cut sausage into 2" pieces. Return meats to baking dish.
- Season broth in pot to taste with salt and pepper; divide among bowls. (Reserve broth from meats for another use.)
- Serve meats and vegetables with salsa verde, horseradish crme frache, and both mustards in small bowls alongside.
- Serve with toasted country bread.

## Nutrition Facts



### Properties

Glycemic Index:112.42, Glycemic Load:30.44, Inflammation Score:-10, Nutrition Score:51.868260756783%

### Flavonoids

Apigenin: 9.38mg, Apigenin: 9.38mg, Apigenin: 9.38mg, Apigenin: 9.38mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 2.72mg, Myricetin: 2.72mg, Myricetin: 2.72mg, Myricetin: 2.72mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

### Nutrients (% of daily need)

Calories: 1013.78kcal (50.69%), Fat: 46.71g (71.86%), Saturated Fat: 12.02g (75.15%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 58.1g (21.13%), Sugar: 16.73g (18.59%), Cholesterol: 246mg (82%), Sodium: 7770.13mg (337.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.29g (164.58%), Vitamin A: 10592.18IU (211.84%), Vitamin K: 108.88µg (103.69%), Manganese: 2.06mg (102.97%), Vitamin B6: 1.99mg (99.35%), Vitamin C: 75.14mg (91.07%), Iron: 12.29mg (68.29%), Selenium: 45.11µg (64.45%), Vitamin B3: 12.8mg (63.98%), Phosphorus: 627.06mg (62.71%), Vitamin B12: 3.54µg (59.05%), Zinc: 8.53mg (56.84%), Potassium: 1704.74mg (48.71%), Vitamin B1: 0.61mg (40.79%), Fiber: 9.71g (38.83%), Vitamin B2: 0.63mg (37.23%), Folate: 135.53µg (33.88%), Magnesium: 132.55mg (33.14%), Calcium: 307.71mg (30.77%), Copper: 0.57mg (28.61%), Vitamin B5: 2.36mg (23.61%), Vitamin E: 1.75mg (11.66%)