



Pot-au-Feu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 10 cup beef broth white
- ☐ 4 pounds beef shanks trimmed
- ☐ 2 pounds beef short ribs trimmed
- ☐ 4 medium carrots halved lengthwise cut into 2-inch pieces
- ☐ 2 pound chuck roast boneless trimmed
- ☐ 12 cornichons
- ☐ 0.3 cup dijon mustard

- ☐ 1 teaspoon kosher salt
- ☐ 6 medium leeks trimmed halved lengthwise
- ☐ 1 large onion halved
- ☐ 1 bunch parsley stems fresh
- ☐ 7 thyme sprigs
- ☐ 2 large turnips peeled cut into 6 wedges 1 pound
- ☐ 8 cups water cold

Equipment

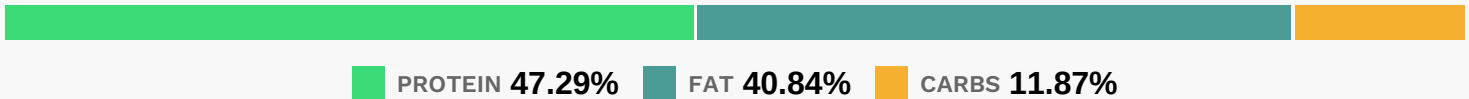
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ ziploc bags
- ☐ colander
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Stud onion halves with cloves.
- ☐ Place thyme, parsley, and bay leaf on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Place onion halves, cheesecloth bag, White Veal Stock, and next 4 ingredients (through chuck roast) in an 8-quart stockpot; bring to a boil. Reduce heat, and simmer, uncovered, 3 1/2 hours.
- ☐ Tie twine around leek halves to secure.
- ☐ Add leek halves, carrots, and turnips to pan; simmer 1 1/2 hours or until vegetables and meat are tender. Strain mixture through a cheesecloth-lined colander into a large bowl; discard onion and cheesecloth bag.
- ☐ Place 2 large zip-top plastic bags inside 2 large bowls. Carefully pour stock mixture into bags; let stand 10 minutes (fat will rise to the top). Seal bags. Working with 1 bag at a time, carefully

- snip off 1 bottom corner of each bag.
- ☐ Drain stock mixture into pan, stopping before fat layer reaches opening; discard fat. Stir in salt.
 - ☐ Shred roast with 2 forks.
 - ☐ Remove meat from shank and rib bones; discard bones, fat, and gristle.
 - ☐ Add meat to stock mixture.
 - ☐ Serve with mustard and cornichons.
 - ☐ Wine note: Although Pot-au-Feu is chock-full of meat, this version is not as heavy as others. Therefore, I like to serve a lighter-style cabernet, one that's medium bodied rather than full bodied but still has exquisite flavors. The elegant cabernets of Australia's Margaret River region fill the bill nicely. One of the best and a wine that will certainly elevate this dish to entertaining status is Leeuwin Estate 2002 Art Series Cabernet Sauvignon, about \$45 Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:23.99, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:37.866521856059%

Flavonoids

Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 416.29kcal (20.81%), Fat: 18.69g (28.75%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.62g (3.5%), Sugar: 4.51g (5.01%), Cholesterol: 120.1mg (40.03%), Sodium: 1215.66mg (52.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.38%), Vitamin B12: 7.1µg (118.26%), Zinc: 14.94mg (99.57%), Vitamin K: 103.26µg (98.34%), Vitamin A: 4582.74IU (91.65%), Vitamin B3: 12.54mg (62.68%), Selenium: 43.49µg (62.13%), Vitamin B6: 1.14mg (56.77%), Phosphorus: 502.48mg (50.25%), Iron: 6.81mg (37.84%), Potassium: 1166.72mg (33.33%), Vitamin B2: 0.48mg (28.52%), Vitamin C: 21.16mg (25.64%), Manganese: 0.39mg (19.43%), Vitamin B1: 0.27mg (17.92%), Magnesium: 70.14mg (17.54%), Folate: 64µg (16%), Copper: 0.28mg (14.12%), Vitamin B5: 1.23mg (12.3%), Calcium: 109.51mg (10.95%), Fiber: 2.61g (10.43%), Vitamin E: 0.75mg (5.02%)