



## Pot-Au-Feu

READY IN



45 min.

SERVINGS



8

CALORIES



932 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
- ☐ 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 veal knuckle bones
- ☐ 8 servings coarse mustard whole

## Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ cheesecloth

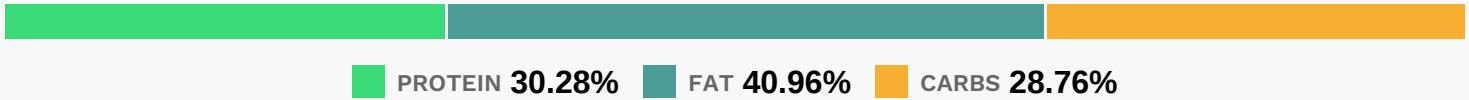
☐ kitchen twine

## 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 rises 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 crème fraîche 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 crème fraîche, and both mustards in small bowls alongside.
- ☐ Serve with toasted country bread.

## Nutrition Facts



## Properties

Glycemic Index:108.42, Glycemic Load:30.42, Inflammation Score:-10, Nutrition Score:46.093478036963%

## Flavonoids

Apigenin: 6.69mg, Apigenin: 6.69mg, Apigenin: 6.69mg, Apigenin: 6.69mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 931.6kcal (46.58%), Fat: 42.86g (65.94%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 58.05g (21.11%), Sugar: 16.72g (18.58%), Cholesterol: 199.51mg (66.5%), Sodium: 7722.93mg (335.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.28g (142.56%), Vitamin A: 10485.34IU (209.71%), Manganese: 2.04mg (101.97%), Vitamin C: 73.46mg (89.04%), Vitamin B6: 1.75mg (87.65%), Vitamin K: 88.38µg (84.17%), Iron: 11.73mg (65.18%), Selenium: 40.52µg (57.89%), Phosphorus: 511.21mg (51.12%), Vitamin B12: 2.78µg (46.39%), Zinc: 6.78mg (45.18%), Potassium: 1519.08mg (43.4%), Vitamin B3: 8.53mg (42.64%), Fiber: 9.66g (38.64%), Vitamin B1: 0.57mg (37.69%), Folate: 126.21µg (31.55%), Calcium: 297.27mg (29.73%), Magnesium: 118.29mg (29.57%), Vitamin B2: 0.48mg (28.15%), Copper: 0.51mg (25.42%), Vitamin B5: 1.61mg (16.13%), Vitamin E: 1.59mg (10.61%)