



Potted Beef and Celery Root with Celery Gremolata

READY IN



150 min.

SERVINGS



6

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy finely chopped
- 3 pounds beef chuck cut into 2-inch cubes
- 2 cups beef stock
- 2 medium celery roots cubed peeled
- 4 ribs celery with leafy tops, chopped organic
- 6 servings kosher salt and coarse pepper black
- 6 servings top boiled mashed for serving
- 1.5 cups cooking wine dry red

- 3 tablespoons evoo
- 1 cup flat-leaf parsley leaves fresh chopped
- 6 servings flour all-purpose for dredging
- 4 cloves garlic crushed
- 6 servings herb bundle fresh with kitchen string (sage, bay and parsley)
- 1 juice of lemon juiced
- 2 medium onions chopped
- 6 servings pecorino curls shaved
- 3 tablespoons tomato paste
- 0.3 cup vegetable oil
- 0.3 cup worcestershire sauce

Equipment

- bowl
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Pat the meat dry and sprinkle with salt and pepper, then dredge in flour.
- In batches, brown the meat in the oil over medium-high heat in a large Dutch oven. Set the beef aside.
- Add the garlic, celery root and onions to the beef drippings and season with salt and pepper. Cook until softened, 5 to 7 minutes.
- Add the tomato paste and stir 1 minute, then add the stock, wine, Worcestershire, beef and herb bundle. Cover and cook in the oven until tender, up to 2 hours. Cool and store for a make-ahead meal. Reheat in a 325 degree F oven until bubbly.
- Combine the parsley, celery, anchovies and lemon juice, and dress with the EVOO. Loosely combine with pecorino cheese.

Serve the potted beef in shallow bowls, with the celery gremolata on top.

Serve mashed or boiled baby potatoes or crusty bread alongside.

Nutrition Facts

PROTEIN 39.01% **FAT 49.13%** **CARBS 11.86%**

Properties

Glycemic Index:63.96, Glycemic Load:6.31, Inflammation Score:-9, Nutrition Score:41.912608851557%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 22.7mg, Apigenin: 22.7mg, Apigenin: 22.7mg, Apigenin: 22.7mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 709.2kcal (35.46%), Fat: 35.87g (55.19%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.27g (6.28%), Sugar: 5.12g (5.69%), Cholesterol: 172.61mg (57.54%), Sodium: 1092.55mg (47.5%), Alcohol: 6.3g (100%), Alcohol %: 1.49% (100%), Protein: 64.09g (128.17%), Vitamin K: 201.35µg (191.76%), Selenium: 72.29µg (103.27%), Vitamin B3: 17.33mg (86.66%), Vitamin B6: 1.69mg (84.28%), Phosphorus: 794.43mg (79.44%), Vitamin B12: 4.54µg (75.67%), Zinc: 10.74mg (71.62%), Calcium: 429.65mg (42.96%), Iron: 7.23mg (40.14%), Potassium: 1363.69mg (38.96%), Vitamin B2: 0.66mg (38.83%), Vitamin C: 23.25mg (28.18%), Vitamin A: 1279.45IU (25.59%), Copper: 0.51mg (25.56%), Vitamin B1: 0.36mg (24.06%), Magnesium: 93.55mg (23.39%), Folate: 86.69µg (21.67%), Vitamin E: 3.07mg (20.49%), Vitamin B5: 1.37mg (13.74%), Manganese: 0.26mg (12.93%), Fiber: 2.21g (8.82%)