



Red Chile Short Rib Tacos

 Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ancho chile peppers dried stemmed seeded
- 3 pounds beef short ribs bone-in fat trimmed
- 0.3 cup canola oil
- 3 cups chicken stock see
- 2 new mexico chile peppers dried stemmed seeded
- 4 cascabel chile peppers dried stemmed seeded
- 8 servings cilantro leaves for topping
- 1 cup cooking wine dry red

- 6 cloves garlic smashed
- 8 servings kosher salt and pepper freshly ground
- 1 large onion spanish chopped
- 0.5 cup port
- 16 corn taco shells hard
- 12 sprigs thyme leaves

Equipment

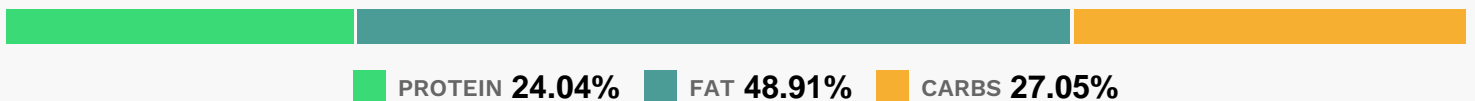
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- dutch oven

Directions

- Preheat the oven to 350 degrees F. Pat the short ribs dry and season all over with salt and pepper.
- Heat the canola oil in a large Dutch oven over medium-high heat. Working in batches, brown the short ribs on both sides, about 8 minutes total.
- Remove to a plate.
- Meanwhile, combine the stock and dried chiles in a medium saucepan and bring to a simmer.
- Remove from the heat and let steep, 15 minutes.
- Discard all but 3 tablespoons oil from the Dutch oven.
- Add the onion and cook, stirring, until soft, about 5 minutes; add the garlic and cook 1 minute.
- Pour in the red wine and port and simmer, stirring, until almost completely reduced, about 12 minutes.
- Add the thyme and chile-stock mixture; bring to a simmer and return the short ribs to the pot. Cover, transfer to the oven and cook until the meat is tender, about 2 hours, 30 minutes.

- Remove the short ribs to a bowl; shred the meat from the bone. Strain the cooking liquid into a degreasing cup and pour off the excess fat.
- Pour the remaining liquid into a skillet and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until thickened, 10 to 15 minutes; season with salt and pepper.
- Add the meat and toss to coat. Fill the taco shells with the meat; top with cilantro, Queso Sauce, Pickled Onions and Chile Relish.
- Melt 1 tablespoon butter in a saucepan over medium-high heat.
- Whisk in 1 tablespoon flour; cook 1 minute. Slowly whisk in 1 1/4 cups warmed whole milk; cook, whisking, until thickened, about 5 minutes.
- Remove from the heat and stir in 3 cups grated Monterey jack and 1/4 cup grated parmesan; season with salt and pepper.
- Serve warm.
- Bring 3/4 cup lime juice, 1/4 cup each red wine vinegar and sugar, and 1 tablespoon salt to a boil in a saucepan.
- Remove from the heat and let cool, 5 minutes. Toss with 1 thinly sliced red onion in a bowl; cover and chill at least 4 hours, stirring occasionally.
- Broil 2 poblano peppers until charred on all sides; transfer to a bowl, cover and set aside, 10 minutes. Peel, seed and dice.
- Combine with 4 diced jarred piquillo peppers, 1 tablespoon honey, 2 tablespoons canola oil, the juice of 1 lime, 1/4 cup chopped cilantro, and salt and pepper in a bowl; let sit at least 15 minutes before serving.
- Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:11.05, Inflammation Score:-10, Nutrition Score:26.430869682975%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg Malvidin: 22.1mg, Malvidin: 22.1mg, Malvidin: 22.1mg, Malvidin: 22.1mg Peonidin: 1.14mg, Peonidin: 1.14mg, Peonidin: 1.14mg, Peonidin: 1.14mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin:

3.79mg, Catechin: 3.79mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg
Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.69mg, Luteolin: 0.69mg,
Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg,
Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.36mg, Quercetin: 4.36mg,
Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 526.48kcal (26.32%), Fat: 26.68g (41.04%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 33.2g (11.07%),
Net Carbohydrates: 28g (10.18%), Sugar: 9.15g (10.17%), Cholesterol: 75.96mg (25.32%), Sodium: 494.62mg
(21.51%), Alcohol: 5.45g (100%), Alcohol %: 1.94% (100%), Protein: 29.5g (59.01%), Vitamin B12: 4.21µg (70.16%),
Vitamin C: 55.94mg (67.81%), Vitamin A: 2724.37IU (54.49%), Zinc: 6.72mg (44.81%), Vitamin B6: 0.89mg (44.27%),
Vitamin B3: 7.38mg (36.92%), Phosphorus: 356.44mg (35.64%), Selenium: 21.98µg (31.4%), Potassium: 925.42mg
(26.44%), Vitamin B2: 0.44mg (25.81%), Iron: 4.52mg (25.11%), Fiber: 5.2g (20.82%), Vitamin K: 21.85µg (20.81%),
Manganese: 0.4mg (19.78%), Magnesium: 72.52mg (18.13%), Vitamin B1: 0.25mg (16.54%), Vitamin E: 1.93mg
(12.89%), Copper: 0.25mg (12.72%), Folate: 45.1µg (11.28%), Calcium: 61.14mg (6.11%), Vitamin B5: 0.6mg (5.97%)