



## Red-Wine-Braised Beef Shanks

READY IN



270 min.

SERVINGS



35

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 bay leaf
- ☐ 112 ounces meaty beef shanks thick
- ☐ 35 servings pepper black freshly ground
- ☐ 2 carrots cut into 1/2-inch dice
- ☐ 2 rib celery cut into 1/2-inch dice
- ☐ 1 bottle cooking wine dry red such as côtes du rhône
- ☐ 8 large garlic cloves peeled smashed
- ☐ 6 cups beef broth low-sodium
- ☐ 1 large onion cut into 1/2-inch dice

- ☐ 35 servings parsley sprigs for garnish
- ☐ 1 cup ruby port
- ☐ 35 servings salt
- ☐ 2 large thyme sprigs
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 vegetable oil

## Equipment

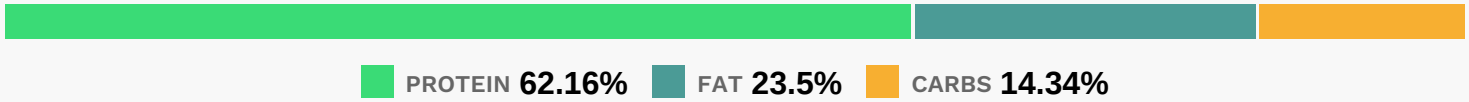
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ spatula

## Directions

- ☐ In a large roasting pan or 2-gallon resealable plastic bag, combine the wine, port, garlic, celery, carrots, onion, thyme and bay leaf.
- ☐ Add the beef shanks and turn to coat with the marinade. Refrigerate for 24 hours.
- ☐ Preheat the oven to 30
- ☐ Remove the shanks from the marinade and pat dry. Strain the marinade into a bowl, reserving the vegetables and marinating liquid.
- ☐ In each of 2 large skillets, heat 1 tablespoon of the oil until shimmering. Season the shanks with salt and pepper and add 4 to each skillet. Cook over high heat until browned, 3 minutes per side.
- ☐ Transfer the shanks to a large roasting pan and arrange in a single layer.

- ☐ Add the remaining 2 tablespoons of oil to the skillets. Divide the vegetables between the skillets and cook over moderate heat, stirring, until starting to brown, about 4 minutes. Stir 1 tablespoon of the tomato paste into each skillet and cook for 1 minute.
- ☐ Add 3 cups of the broth to each skillet and bring to a boil, scraping up the browned bits on the bottom.
- ☐ Pour the vegetables, broth and reserved marinade over the shanks and cover the roasting pan with foil.
- ☐ Braise the shanks for 2 1/2 hours, until just tender. Uncover and braise for 30 minutes longer, until the shanks are glazed on top. Using a spatula, transfer the shanks to a large rimmed baking sheet; cover with foil.
- ☐ Strain the braising liquid through a coarse sieve set over a large saucepan, pushing the vegetables through as much as possible. Skim the fat off the sauce and boil the sauce over high heat until reduced to 4 cups, about 35 minutes. Season with salt and pepper.
- ☐ Return the shanks to the roasting pan and pour the sauce over and around them. Cover with foil and simmer over moderate heat for a few minutes to rewarm the shanks.
- ☐ Transfer the shanks to serving plates, spoon the sauce on top, garnish with parsley and serve.

## Nutrition Facts



## Properties

Glycemic Index:8.28, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:10.938260798869%

## Flavonoids

Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg Malvidin: 12.13mg, Malvidin: 12.13mg, Malvidin: 12.13mg, Malvidin: 12.13mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 107.74kcal (5.39%), Fat: 2.16g (3.32%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.03g (1.15%), Cholesterol: 21.23mg (7.08%), Sodium: 316.35mg (13.75%), Alcohol: 3.3g (100%), Alcohol %: 3.03% (100%), Protein: 12.85g (25.7%), Vitamin K: 66.39µg (63.23%), Vitamin B12: 1.81µg (30.21%), Zinc: 3.86mg (25.72%), Vitamin A: 937.07IU (18.74%), Vitamin B3: 3.27mg (16.33%), Selenium: 9.85µg (14.07%), Vitamin B6: 0.28mg (14.02%), Phosphorus: 118.48mg (11.85%), Potassium: 352.72mg (10.08%), Iron: 1.61mg (8.93%), Vitamin C: 6.35mg (7.7%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.07mg (4.36%), Manganese: 0.06mg (3.07%), Folate: 12.11µg (3.03%), Magnesium: 11.92mg (2.98%), Copper: 0.06mg (2.91%), Vitamin B5: 0.23mg (2.31%), Calcium: 21.5mg (2.15%), Fiber: 0.39g (1.56%)