



Red Wine-Braised Short Ribs with Vegetables

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb beef ribs cut into 1-rib pieces if necessary
- ☐ 5 cups beef stock
- ☐ 1 lb carrots
- ☐ 750 ml wine dry red
- ☐ 3 tablespoons flour all-purpose
- ☐ 5 large garlic clove peeled
- ☐ 0.5 lb potato boiling ()
- ☐ 1 tablespoon currant jelly red

- ☐ 1 lb shallots trimmed peeled
- ☐ 2 thyme sprigs fresh
- ☐ 1.5 tablespoons vegetable oil
- ☐ 1 lb zucchini

Equipment

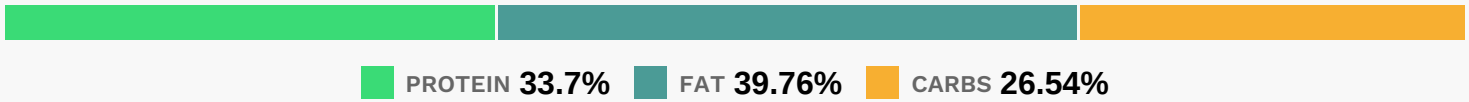
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Boil wine, broth, and thyme in a 6- to 7-quart wide heavy pot until reduced to about 5 cups, about 30 minutes, then pour through a fine sieve into a heatproof bowl.
- ☐ Cook whole shallots in oil in cleaned pot over moderate heat, stirring frequently, until golden, about 6 minutes.
- ☐ Add garlic cloves and cook, stirring frequently, until garlic is golden and shallots are golden brown, about 2 minutes.
- ☐ Transfer with a slotted spoon to a plate, reserving fat in pot.
- ☐ Pat ribs dry and season well with salt and pepper.
- ☐ Heat fat in pot over high heat, then sear ribs in 3 batches until browned on all sides, about 4 minutes per batch, transferring with tongs to a bowl.
- ☐ Pour off any fat in pan.
- ☐ Return ribs, shallots, garlic, and reduced wine to pot with jelly and salt to taste, then simmer, covered, without stirring, 1 3/4 hours.
- ☐ After meat has been simmering 1 1/4 hours, peel carrots, then cut carrots and zucchini diagonally into 1/2-inch-thick slices. Peel potatoes.

- ☐ Add potatoes and carrots to pot (don't stir) and simmer, covered, until ribs are tender and potatoes and carrots are just tender, about 30 minutes.
- ☐ Add zucchini to pot (don't stir) and simmer, covered, until just tender, about 6 minutes.
- ☐ Transfer meat and vegetables with a slotted spoon to a large serving dish. Discard any loose bones and keep meat and vegetables warm, covered.
- ☐ Skim fat from sauce and reserve 1 tablespoon fat. Stir reserved fat into flour in a small bowl to make a dry paste. Thin paste with 2 tablespoons warm sauce. Bring sauce to a boil and whisk in half of flour paste until thickened. (If necessary, whisk more paste into boiling sauce until thickened to desired consistency.) Simmer sauce, whisking occasionally, about 3 minutes.
- ☐ Pour over meat and vegetables.
- ☐ •Ribs can be cooked, without zucchini, 1 day ahead. Cool in pot, uncovered, then chill, covered. Reheat in sauce, then add zucchini. Simmer, covered, until tender.

Nutrition Facts



Properties

Glycemic Index:49.47, Glycemic Load:9.29, Inflammation Score:-10, Nutrition Score:39.725651948348%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 694.91kcal (34.75%), Fat: 26.68g (41.05%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 33.9g (12.33%), Sugar: 14.64g (16.27%), Cholesterol: 130.24mg (43.41%), Sodium: 615.17mg (26.75%), Alcohol: 13.31g (100%), Alcohol %: 2.04% (100%), Protein: 50.88g (101.76%), Vitamin A: 12802.45IU (256.05%), Vitamin B12: 7.48µg (124.72%), Zinc: 11.81mg (78.7%), Vitamin B6: 1.56mg (77.9%), Phosphorus: 613.89mg (61.39%), Potassium: 2040.42mg (58.3%), Vitamin B3: 11.19mg (55.96%), Selenium: 37.2µg

(53.15%), Vitamin B2: 0.69mg (40.53%), Iron: 7.29mg (40.5%), Vitamin C: 28.9mg (35.03%), Vitamin B1: 0.47mg (31.24%), Manganese: 0.62mg (31.07%), Magnesium: 111.55mg (27.89%), Fiber: 6.17g (24.69%), Copper: 0.46mg (23.08%), Folate: 89.71µg (22.43%), Vitamin K: 21.44µg (20.42%), Vitamin B5: 1.43mg (14.25%), Calcium: 109.56mg (10.96%), Vitamin E: 0.93mg (6.2%)