



Rich Beef Broth with Carrot



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef shanks
- ☐ 4 peppercorns whole black
- ☐ 2 carrots quartered cut into 1/4-inch dice
- ☐ 2 rib celery stalks quartered
- ☐ 2 onion unpeeled quartered
- ☐ 4 parsley fresh (without leaves)
- ☐ 1.5 teaspoons salt
- ☐ 4 pounds beef ribs

- ☐ 1 thyme sprigs fresh
- ☐ 1 bay leaves
- ☐ 14 cups water

Equipment

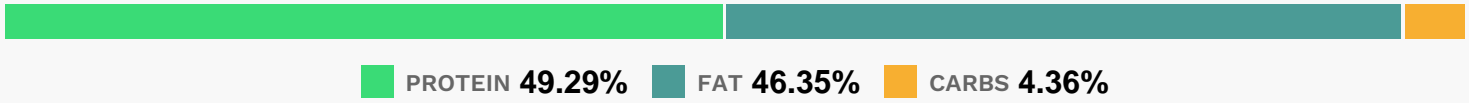
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ ziploc bags
- ☐ cheesecloth

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ Spread short ribs, shanks, onions, celery, and quartered carrot in a large flameproof roasting pan and roast, turning occasionally, until well browned, about 1 hour.
- ☐ Wrap parsley, thyme, bay leaf, and peppercorns in cheesecloth and tie into a bundle with string to make a bouquet garni.
- ☐ Transfer meat (with bones) and roasted vegetables to a 6- to 8-quart pot and add 12 cups water, salt, and bouquet garni. Straddle roasting pan across 2 burners, then add remaining 2 cups water and deglaze pan by boiling, stirring and scraping up brown bits, 1 minute.
- ☐ Add deglazing liquid to pot, then bring to a boil, skimming froth. Reduce heat to low and gently simmer, uncovered, until liquid is reduced to about 5 cups, 7 to 8 hours.
- ☐ Transfer mixture to a bowl and cool completely, uncovered, about 1 hour, then chill, covered, at least 8 hours.
- ☐ Remove fat. Reheat mixture in cleaned pot over moderate heat until warm. Discard beef shanks (meat and bone), then transfer short ribs to a platter and, when cool enough to handle, discard bones and fat. Finely chop short ribs and reserve for terrine. If not using meat within 1 hour, chill, covered.

- ☐
- Pour broth though a cheesecloth-lined sieve into a 1 1/2-quart saucepan and skim off any remaining fat. Bring broth to a simmer and season with salt.
- ☐
- Cook diced carrot in a small saucepan of boiling salted water until just tender, about 4 minutes.
- ☐
- Drain in sieve and divide among demitasse cups, then add broth.
- ☐
- Meat and vegetables can be chilled in broth up to 1 day. • Broth can be strained 4 days ahead and cooled, uncovered, then chilled, covered. Reheat and season before using. (Chill raw diced carrot in a sealed plastic bag until ready to cook.)

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:18.397391350373%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 260.85kcal (13.04%), Fat: 13.04g (20.07%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.26g (1.41%), Cholesterol: 82.81mg (27.6%), Sodium: 412.89mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Vitamin B12: 5.25µg (87.54%), Zinc: 8.51mg (56.76%), Vitamin A: 1732.3IU (34.65%), Selenium: 24.03µg (34.33%), Vitamin B6: 0.68mg (34.03%), Vitamin B3: 6.5mg (32.49%), Phosphorus: 311.5mg (31.15%), Iron: 3.55mg (19.72%), Potassium: 632.21mg (18.06%), Vitamin B2: 0.28mg (16.56%), Vitamin B1: 0.16mg (10.98%), Magnesium: 36.84mg (9.21%), Copper: 0.17mg (8.3%), Vitamin K: 6.99µg (6.65%), Vitamin B5: 0.56mg (5.65%), Folate: 16.29µg (4.07%), Calcium: 35.02mg (3.5%), Manganese: 0.07mg (3.39%), Vitamin C: 2.54mg (3.08%), Fiber: 0.63g (2.53%)