



Semolina Gnocchi with Oxtail Ragù

READY IN



45 min.

SERVINGS



8

CALORIES



1180 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings flour
- ☐ 2 cups beef broth
- ☐ 0.5 cup butter unsalted diced (1 stick)
- ☐ 1.3 cups canned tomatoes with added puree canned crushed
- ☐ 2 large carrots peeled chopped
- ☐ 5 large celery stalks coarsely chopped
- ☐ 2 cups wine dry red
- ☐ 4 large egg yolk
- ☐ 4 garlic clove chopped

- ☐ 1 cup chicken broth
- ☐ 0.5 cup olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 5 pounds oxtail
- ☐ 1.5 cups parmesan cheese divided grated
- ☐ 6 parsley fresh italian
- ☐ 8 servings parsley fresh italian chopped
- ☐ 2 large rosemary leaves fresh
- ☐ 1.5 teaspoons salt
- ☐ 1 cup semolina flour (pasta flour)
- ☐ 3 turkish bay leaf
- ☐ 3 cups milk whole

Equipment

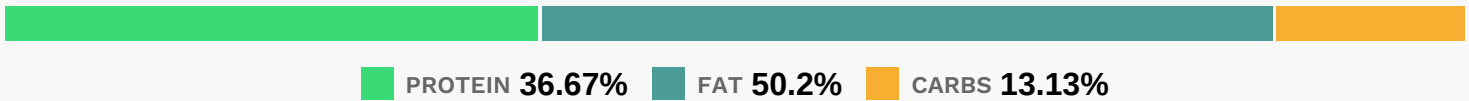
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ potato masher
- ☐ glass baking pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 325°F.
- ☐ Sprinkle oxtails with salt and pepper, then flour.
- ☐ Heat oil in heavy wide ovenproof pot over high heat.
- ☐ Add oxtails; cook until brown on all sides, about 15 minutes.
- ☐ Transfer to bowl.
- ☐ Add celery, carrots, and onion to pot. Reduce heat to medium-high and sauté until vegetables brown, about 15 minutes.

- ☐ Add wine and tomatoes. Boil until thickened to chunky sauce, about 5 minutes.
- ☐ Sprinkle in garlic. Tie parsley, rosemary, and bay leaves with kitchen string and add to pot. Return oxtails to pot in single layer.
- ☐ Add all broth; bring to boil. Cover pot; place in oven.
- ☐ Braise oxtails until very tender, about 2 hours.
- ☐ Transfer oxtails to rimmed baking sheet. Using potato masher, crush juices and vegetables in pot to coarse sauce. Pull meat off oxtails and add to sauce. Season ragù with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cool, cover, and chill. Rewarm before continuing.
- ☐ Butter 13x9x2-inch glass baking dish. Bring milk, butter, and salt to simmer in heavy large pot over medium-high heat. Gradually whisk in semolina. Stir until semolina is very thick and bubbling, about 3 minutes.
- ☐ Remove from heat; mix in yolks, 1 at a time, then 1 cup Parmesan.
- ☐ Place pot over low heat and stir 2 minutes.
- ☐ Spread semolina in prepared dish. Cover and chill until firm, at least 2 hours and up to 2 days. Preheat oven to 475°F. Butter 15x10x2-inch glass baking dish. Using 1 3/4-inch round cutter, cut out as many semolina gnocchi as possible; arrange in prepared dish. Top with warm ragù; sprinkle with remaining 1/2 cup Parmesan.
- ☐ Bake until heated through, 10 to 15 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index: 50.6, Glycemic Load: 15.51, Inflammation Score: -10, Nutrition Score: 26.849130423173%

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 Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 10.32mg, Apigenin:

10.32mg, Apigenin: 10.32mg, Apigenin: 10.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 1180.37kcal (59.02%), Fat: 62.98g (96.9%), Saturated Fat: 28.28g (176.78%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 34.21g (12.44%), Sugar: 7.93g (8.81%), Cholesterol: 461.44mg (153.81%), Sodium: 1655.08mg (71.96%), Alcohol: 6.3g (100%), Alcohol %: 1.15% (100%), Protein: 103.52g (207.04%), Vitamin A: 4297.41IU (85.95%), Vitamin K: 86.41µg (82.29%), Iron: 13.93mg (77.42%), Selenium: 35.51µg (50.73%), Calcium: 393.62mg (39.36%), Phosphorus: 330.85mg (33.08%), Vitamin B2: 0.46mg (27.21%), Vitamin B1: 0.36mg (23.93%), Folate: 87.72µg (21.93%), Manganese: 0.37mg (18.65%), Vitamin B3: 3.44mg (17.18%), Vitamin B12: 1.01µg (16.81%), Vitamin C: 12.86mg (15.59%), Potassium: 525.86mg (15.02%), Vitamin B6: 0.27mg (13.27%), Zinc: 1.95mg (13.01%), Vitamin E: 1.78mg (11.84%), Vitamin D: 1.77µg (11.81%), Magnesium: 46.17mg (11.54%), Fiber: 2.84g (11.34%), Vitamin B5: 1.05mg (10.52%), Copper: 0.18mg (9.05%)