



Short Rib and Vegetable Stew



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 6 pounds beef ribs with bone; preferably cut into 2-inch pieces by butcher)
- ☐ 4 large carrots sliced
- ☐ 0.8 pound daikon radish peeled cut into 1-inch chunks
- ☐ 0.5 cup dates dried red
- ☐ 12 garlic clove smashed
- ☐ 2 tablespoons blackstrap molasses (not robust or blackstrap)
- ☐ 12 large mushroom caps dried black chinese

- ☐ 1 large onion cut into 1-inch wedges
- ☐ 1 pound potato boiling
- ☐ 1 tablespoon korean honey citron tea paste hot for serving
- ☐ 1 bunch spring onion cut into 2-inch pieces
- ☐ 3 tablespoons sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 8 cups water hot cold

Equipment

- ☐ pot

Directions

- ☐ Cover short ribs with cold water and soak, chilled, at least 2 hours.
- ☐ Drain ribs and transfer to an 8-to 10-quart heavy pot with cold water (8 cups). Simmer ribs, partially covered, skimming any foam, 2 hours. Chill ribs in liquid (covered once cool) until fat solidifies, about 4 hours.
- ☐ Meanwhile, soak mushrooms in hot water (4 cups), turning occasionally, until softened, about 1 hour. Squeeze excess liquid from mushrooms and reserve 2 cups soaking liquid; cut off and discard mushroom stems, then halve caps.
- ☐ Discard fat from ribs and return to a simmer. Peel potatoes and cut into 1-inch pieces, then add to ribs with radish, carrots, garlic, dates (if using), soy sauce, fish sauce, molasses, red-pepper paste, mushrooms, reserved mushroom-soaking liquid, and water (if necessary) to barely cover meat and vegetables with liquid. Simmer, partially covered, stirring occasionally, 30 minutes.
- ☐ Stir in onion and scallions and simmer, covered, stirring occasionally, until meat is very tender and vegetables are tender, 15 to 20 minutes. Skim off any fat, then stir in sesame oil. Stir before serving and serve additional red-pepper paste on the side.
- ☐ •Soaked and simmered ribs (without vegetables) can be chilled up to 1 day. •Stew improves in flavor if made 1 day (and up to 3 days) ahead and chilled (covered once cool).

Nutrition Facts



 PROTEIN **34%**  FAT **45.56%**  CARBS **20.44%**

Properties

Glycemic Index:38.85, Glycemic Load:7.57, Inflammation Score:-10, Nutrition Score:36.712608899759%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 613.21kcal (30.66%), Fat: 30.98g (47.66%), Saturated Fat: 11.56g (72.26%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 26.74g (9.72%), Sugar: 15.06g (16.73%), Cholesterol: 146.52mg (48.84%), Sodium: 1386.77mg (60.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.02g (104.03%), Vitamin B12: 8.44µg (140.67%), Vitamin A: 6054.26IU (121.09%), Zinc: 12.66mg (84.4%), Vitamin B6: 1.37mg (68.73%), Phosphorus: 593.22mg (59.32%), Selenium: 40.04µg (57.2%), Vitamin B3: 11.32mg (56.6%), Potassium: 1658.2mg (47.38%), Iron: 7.03mg (39.05%), Vitamin B2: 0.52mg (30.56%), Magnesium: 118.36mg (29.59%), Manganese: 0.52mg (25.91%), Vitamin C: 20.09mg (24.35%), Copper: 0.47mg (23.55%), Vitamin B1: 0.35mg (23.45%), Fiber: 4.53g (18.12%), Vitamin B5: 1.63mg (16.31%), Folate: 59.05µg (14.76%), Vitamin K: 13.87µg (13.21%), Calcium: 90.1mg (9.01%), Vitamin E: 0.35mg (2.33%)