



Short Rib Ragu with Pappardelle and Pecorino Romano

READY IN



255 min.

SERVINGS



4

CALORIES



1350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups beef stock homemade
- ☐ 4 small carrots diced
- ☐ 2 stalks celery diced
- ☐ 1 bay leaf dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 sprigs flat-leaf parsley fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 5 sprigs thyme leaves fresh

- ☐ 0.5 head garlic separated peeled
- ☐ 1 medium onion diced
- ☐ 1 pound pappardelle
- ☐ 4 servings parsley chopped
- ☐ 4 servings pecorino cheese grated for garnish
- ☐ 0.5 cup ruby port
- ☐ 2 cups red wine such as cabernet
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 medium shallots diced
- ☐ 3.5 pounds short flanken style cut
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ stove
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

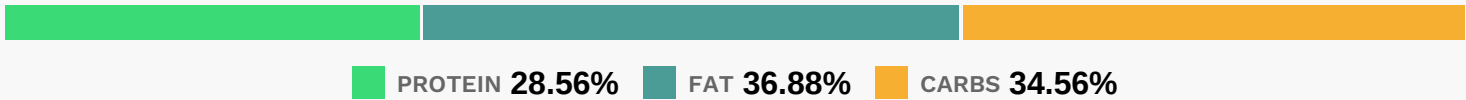
Directions

- ☐ Heat oven to 325 degrees F.
- ☐ Place a 5-quart casserole or Dutch oven over medium heat.
- ☐ Add oil, and heat until it is almost smoking. Season short ribs generously with salt and pepper. Working in batches if necessary, add short ribs to the hot oil. Cook ribs until browned on both

sides.

- ☐ Remove ribs from casserole, and transfer to a large bowl. Set aside.
- ☐ Place bay leaf, rosemary, thyme, and parsley in the center of a square of cheesecloth. Bring edges together, and tie with kitchen string. Set bouquet garni aside.
- ☐ Add carrots, celery, onion, and shallots to oil in the casserole, and cook over medium heat, stirring occasionally, until vegetables are softened and golden, about 10 minutes.
- ☐ Add flour and tomato paste to the casserole, and stir to combine.
- ☐ Add ruby port; stir with wooden spoon until all browned bits have been scraped from the pan and the bottom of the casserole is clean.
- ☐ Add red wine, and simmer until the liquid is reduced by half.
- ☐ Add garlic, beef stock, and the reserved bouquet garni.
- ☐ Return browned ribs to the casserole. Bring the liquid to a simmer over medium-high heat. Cover the casserole, and place it in the oven. Cook until ribs are very tender, about 3 hours.
- ☐ Remove the cooked ribs from the casserole. Set the casserole on the stove top over medium heat, and simmer to thicken sauce just slightly. As soon as the short ribs are cool enough to handle, remove the meat from the bones, and shred into small pieces. Degrease the sauce and discard the bouquet garni. Return shredded meat to casserole, and simmer to reduce sauce by about half.
- ☐ Fill a large pot with water and add a few tablespoons of salt. Set over high heat, and bring to a boil. Salt well, and stir in pasta. Cook until pasta is al dente.
- ☐ Drain pasta, and serve with short-rib ragu, sprinkle with the parsley.
- ☐ Serve with freshly grated Pecorino Romano.

Nutrition Facts



Properties

Glycemic Index:112.71, Glycemic Load:39.1, Inflammation Score:-10, Nutrition Score:57.080434944319%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 4.36mg, Petunidin: 4.36mg, Petunidin: 4.36mg, Petunidin: 4.36mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin:

3.58mg Malvidin: 45.06mg, Malvidin: 45.06mg, Malvidin: 45.06mg, Malvidin: 45.06mg Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg Catechin: 11.53mg, Catechin: 11.53mg, Catechin: 11.53mg, Catechin: 11.53mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Apigenin: 10.46mg, Apigenin: 10.46mg, Apigenin: 10.46mg, Apigenin: 10.46mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1350.25kcal (67.51%), Fat: 49.96g (76.86%), Saturated Fat: 20.2g (126.23%), Carbohydrates: 105.37g (35.12%), Net Carbohydrates: 98.28g (35.74%), Sugar: 12.37g (13.75%), Cholesterol: 297.4mg (99.13%), Sodium: 1308.56mg (56.89%), Alcohol: 17.31g (100%), Alcohol %: 2.37% (100%), Protein: 87.04g (174.09%), Selenium: 139.83µg (199.76%), Vitamin A: 9204.73IU (184.09%), Vitamin B12: 10.49µg (174.78%), Phosphorus: 1197.75mg (119.77%), Zinc: 17.73mg (118.19%), Vitamin K: 101.99µg (97.13%), Vitamin B6: 1.77mg (88.59%), Vitamin B3: 15.51mg (77.54%), Manganese: 1.52mg (75.91%), Potassium: 2316.69mg (66.19%), Iron: 11.09mg (61.59%), Vitamin B2: 0.98mg (57.38%), Magnesium: 195.61mg (48.9%), Calcium: 462.03mg (46.2%), Vitamin B1: 0.64mg (42.57%), Copper: 0.77mg (38.75%), Fiber: 7.09g (28.35%), Vitamin B5: 2.43mg (24.34%), Folate: 95.87µg (23.97%), Vitamin C: 16.37mg (19.84%), Vitamin E: 1.85mg (12.33%), Vitamin D: 0.49µg (3.27%)