



Short Rib Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds beef short ribs
- ☐ 4 cups beef stock canned
- ☐ 0.8 teaspoon caraway seeds
- ☐ 6 servings hand-cut spaetzle and caramelized carrot mash
- ☐ 2 tablespoons cognac
- ☐ 0.5 cup cornichons sour thinly sliced
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 garlic cloves finely chopped
- ☐ 1 tablespoon paprika hot

- ☐ 2 large onions red thinly sliced
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 1 tablespoon paprika sweet
- ☐ 3 tablespoons vegetable oil

Equipment

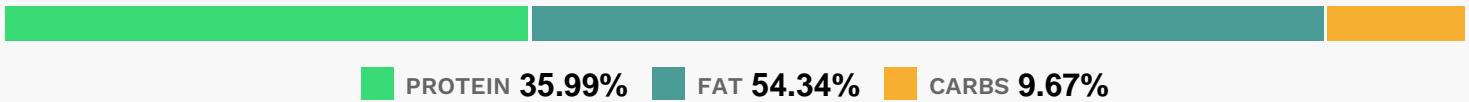
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ wax paper
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 32
- ☐ Sprinkle 2 teaspoons each of the hot and sweet paprika on the short ribs and rub it in well. Season the meat with salt and pepper.
- ☐ In a large enameled cast-iron casserole, heat 1 1/2 tablespoons of the vegetable oil until shimmering.
- ☐ Add half of the short ribs and cook slowly over moderately low heat, turning, until browned, about 10 minutes.
- ☐ Transfer the short ribs to a platter and repeat with the remaining oil and ribs.
- ☐ Add the onions to the casserole and cook over low heat, stirring occasionally, until softened, about 8 minutes.
- ☐ Add the garlic, 1/4 teaspoon of the caraway seeds and the remaining 1 teaspoon each of hot and sweet paprika. Cook over low heat until fragrant, about 4 minutes.
- ☐ Add the Cognac and simmer for 2 minutes.

- ☐ Whisk in the flour and cook for 3 minutes. Increase the heat to moderately high and slowly whisk in the beef stock until smooth.
- ☐ Return the short ribs to the casserole with any accumulated juices and bring to a simmer. Cover the casserole with wax paper and then the lid and bake the stroganoff in the oven for about 2 hours, or until the meat is very tender.
- ☐ Meanwhile, in a small skillet, toast the remaining 1/2 teaspoon of caraway seeds over moderate heat until fragrant, about 30 seconds.
- ☐ Transfer to a plate to cool, then finely grind in a spice grinder or mortar.
- ☐ Return the casserole to the stove over low heat. Stir in the cornichons and toasted caraway. In a bowl, whisk 1/2 cup of the hot cooking liquid into the sour cream. Stir the sauce back into the stroganoff and turn off the heat. Continue stirring until well blended.
- ☐ Serve hot, with the Hand-
- ☐ Cut Spaetzle and Caramelized Carrot Mash.
- ☐ Make Ahead: The stroganoff can be refrigerated overnight. Rewarm and add the sour cream just before serving.
- ☐ Wine Recommendation: A spicy, fruity full-bodied Rhne blend would underscore the richness of the meat but also stand up to the other sweet and sour flavors. Look for the 1997 Jean-Luc Colombo Ctes-du-Rhne Les Abeilles or the 1996 Domaine de la Roquette
- ☐ Chteaneuf-du-Pape.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:41.187390949415%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 785.25kcal (39.26%), Fat: 46.25g (71.16%), Saturated Fat: 18.12g (113.22%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 14.86g (5.4%), Sugar: 6.75g (7.5%), Cholesterol: 210.44mg (70.15%), Sodium: 937.84mg (40.78%), Alcohol: 1.67g (100%), Alcohol %: 0.32% (100%), Protein: 68.92g (137.83%), Vitamin A: 12026.98IU (240.54%), Vitamin B12: 11.28µg (187.98%), Zinc: 16.59mg (110.62%), Vitamin B6: 1.63mg (81.27%), Selenium: 52.81µg (75.45%), Phosphorus: 752.11mg (75.21%), Vitamin B3: 13.88mg (69.41%), Potassium: 1848.13mg (52.8%), Iron: 8.7mg (48.35%), Vitamin B2: 0.8mg (47.03%), Vitamin B1: 0.47mg (31.64%), Vitamin K: 29.67µg (28.25%), Magnesium: 105.09mg (26.27%), Copper: 0.4mg (20.23%), Manganese: 0.32mg (16.18%), Vitamin B5: 1.47mg (14.69%), Fiber: 3.66g (14.66%), Folate: 52.01µg (13%), Vitamin E: 1.8mg (12.01%), Calcium: 109.64mg (10.96%), Vitamin C: 8.17mg (9.9%)