



Short Ribs with Chipotle Cherries

READY IN



260 min.

SERVINGS



6

CALORIES



1267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds beef english cut into single ribs ribs, style
- 15 ounce cherries canned
- 1 tablespoon chipotle paste pureed with a little adobo sauce
- 1 tablespoon cream sherry
- 14.9 ounce beer dark (recommended: Guinness)
- 1 tablespoon garlic minced
- 0.3 cup blackstrap molasses
- 1 tablespoon blackstrap molasses
- 0.3 cup onion diced

- 1 onion red cut into 1-inch rounds
- 0.3 teaspoon pepper flakes hot
- 6 servings salt and freshly cracked pepper black
- 6 servings salt and pepper black freshly ground
- 3 shallots peeled cut into 1/2-inch pieces
- 15 ounce cherries light sweet canned (in syrup)
- 2 tablespoons butter unsalted
- 0.3 cup vegetable oil

Equipment

- frying pan
- oven
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Short Ribs: Pat the ribs dry and season generously with salt and freshly cracked black pepper, to taste.
- In a large braising pot, preferably an enameled cast iron Dutch oven, heat the oil over high heat.
- Add the ribs in batches, so as not to crowd. Brown them deeply on each side and when all have been seared, remove them from the pot and add 1/3 of the beer to deglaze. Turn off the heat and scrape the fond from the bottom of the pan.
- Sauce: Strain the fat from the Dutch oven, leaving the juices and return the pot to medium-high heat.
- Add the onions and cook until soft.
- Add the garlic and red pepper flakes, cook for 2 minutes more, then add both cans of the drained cherries. Bring to a simmer, add the chipotle paste and molasses and adjust

seasonings, if needed. Reduce the mixture for 10 minutes at a simmer. At this point you can strain for a more elegant sauce, then add the butter, or just add the butter and leave rustic.

Put the beef ribs back in the pot, stir to combine with the onions and shallots, and pout in the remaining beer and sherry. Cover and roast, turning the ribs every 40 minutes. After 3 hours, drizzle in the molasses, return the lid and roast for 1 hour more.

Transfer the ribs and the sauce to a serving dish and serve.

Nutrition Facts

PROTEIN 21.73% **FAT 64.36%** **CARBS 13.91%**

Properties

Glycemic Index:63.08, Glycemic Load:12.24, Inflammation Score:-7, Nutrition Score:38.098261035007%

Flavonoids

Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 6.47mg, Catechin: 6.47mg, Catechin: 6.47mg, Catechin: 6.47mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.16mg, Epicatechin: 7.16mg, Epicatechin: 7.16mg, Epicatechin: 7.16mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 1267.19kcal (63.36%), Fat: 88.82g (136.64%), Saturated Fat: 32.86g (205.36%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 39.33g (14.3%), Sugar: 33.22g (36.91%), Cholesterol: 278.41mg (92.8%), Sodium: 459.72mg (19.99%), Alcohol: 3g (100%), Alcohol %: 0.57% (100%), Protein: 67.46g (134.91%), Vitamin B12: 8.11µg (135.18%), Zinc: 16.07mg (107.16%), Selenium: 60.73µg (86.76%), Vitamin B3: 16.79mg (83.95%), Vitamin B6: 1.53mg (76.58%), Phosphorus: 660.85mg (66.08%), Iron: 8.93mg (49.59%), Potassium: 1696.48mg (48.47%), Vitamin B2: 0.64mg (37.48%), Magnesium: 132.15mg (33.04%), Vitamin K: 27.24µg (25.94%), Manganese: 0.52mg (25.81%), Vitamin B5: 2.43mg (24.31%), Copper: 0.43mg (21.55%), Vitamin E: 2.51mg (16.76%), Vitamin C: 13.49mg (16.35%), Vitamin B1: 0.23mg (15.58%), Fiber: 3.86g (15.43%), Calcium: 139.63mg (13.96%), Folate: 45.62µg (11.41%), Vitamin A: 210.99IU (4.22%), Vitamin D: 0.45µg (2.99%)