



## Short Ribs with Frisée-Parsley Salad

 Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds beef ribs english trimmed cut into 3- to 4-inch pieces ( 3 cut)
- 2 medium carrots
- 2 large celery stalks
- 1 cup wine dry red
- 4 servings kosher salt
- 1 medium leek
- 4 cups beef broth low-sodium
- 3 tablespoons vegetable oil

- 0.5 large onion yellow

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- pot
- sieve
- aluminum foil
- dutch oven

## Directions

- Heat the oven to 300°F and arrange a rack in the bottom third. Pat the ribs dry with a paper towel and rub them with 1 tablespoon of the oil. Season well with salt and pepper.
- Let the ribs come to room temperature, about 30 minutes. Once the meat is ready, place a Dutch oven or a large, heavy-bottomed pot over medium-high heat and add the remaining 2 tablespoons of oil. When the oil shimmers, add the ribs and sear until well browned on both sides, about 4 to 5 minutes per side.
- Remove the ribs to a large plate or baking sheet and set aside. Reduce the heat to medium; add the onion, leek, carrots, and celery to the pot; and season with salt and pepper. Cook, stirring occasionally, until the vegetables are tender and browned, about 8 minutes.
- Add the wine and cook, scraping up any browned bits from the bottom of the pan, until it's reduced by half, about 5 minutes.
- Add the broth and reserved ribs and bring the mixture to a boil. Cover the pot with a tightfitting lid and transfer it to the oven. Cook until the meat falls off the bone, about 2 1/2 hours.
- Remove the ribs from the oven, transfer to a plate, and cover loosely with aluminum foil. Strain the braising liquid through a mesh strainer into a medium bowl; discard the solids. Using a large spoon or fat separator, skim the fat from the surface of the liquid and discard. Return the braising liquid to the pot and keep it warm while you make the salad.

Serve the ribs with a bit of the braising liquid over potatoes or polenta with the salad on the side. Beverage pairing: A medium- to full-bodied red will work great with this hearty dish. Since there are no overt spices or very delicate textures, feel free to drink as big and badass as you like. A California wine that is always rock solid is the 2003 Cloverdale Ranch Alexander Valley Cabernet Sauvignon.

## Nutrition Facts

**PROTEIN 35.58%** **FAT 56.83%** **CARBS 7.59%**

### Properties

Glycemic Index:34.46, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:28.251304253288%

### 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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

### Nutrients (% of daily need)

Calories: 546.85kcal (27.34%), Fat: 31.45g (48.39%), Saturated Fat: 10.54g (65.9%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.85g (2.85%), Sugar: 3.14g (3.48%), Cholesterol: 122.1mg (40.7%), Sodium: 796.15mg (34.62%), Alcohol: 6.3g (100%), Alcohol %: 1.35% (100%), Protein: 44.31g (88.62%), Vitamin B12: 7.02µg (116.93%), Vitamin A: 5475.59IU (109.51%), Zinc: 10.03mg (66.85%), Vitamin B6: 0.93mg (46.25%), Selenium: 30.16µg (43.08%), Phosphorus: 417.59mg (41.76%), Potassium: 1389.08mg (39.69%), Vitamin B3: 7.48mg (37.39%), Vitamin K: 33.9µg (32.29%), Iron: 5.08mg (28.2%), Vitamin B2: 0.35mg (20.55%), Vitamin B1: 0.24mg (15.8%), Magnesium: 57.52mg (14.38%), Manganese: 0.21mg (10.32%), Copper: 0.19mg (9.57%), Folate: 36.73µg (9.18%), Vitamin E: 1.25mg (8.33%), Vitamin B5: 0.8mg (8.05%), Vitamin C: 5.92mg (7.17%), Fiber: 1.61g (6.42%), Calcium: 44.98mg (4.5%)