



 2%  
HEALTH SCORE

## Short Ribs Wrapped in Fig Leaves with Mission Fig Black Mole

 Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



4

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tbsp balsamic vinegar
- 4 leaves banana leaves fresh frozen thawed rinsed trimmed (12- by 12-in.)
- 0.5 cup beef broth
- 4 beef ribs bone-in
- 1 cup wine
- 1.5 teaspoons cacao nibs
- 1 cup beef broth mixed with 3/4 cup beef broth oaxacan-style (preferably mole negro)

- 2 bay leaves dried
- 4 servings figs black
- 8 figs dried trimmed
- 2 garlic clove smashed
- 1 teaspoon kosher salt
- 1 tbsp blackstrap molasses
- 1 large onion coarsely chopped
- 2 tablespoons roasted pumpkin seeds salted (pepitas)
- 4 rosemary (7 to 8 in. each)
- 4 servings salt
- 1 T crossing over quintessential american desserts
- 1 large bunch thyme sprigs fresh
- 4 servings frangelico
- 4 servings frangelico

## Equipment

- frying pan
- sauce pan
- oven
- pot
- baking pan
- kitchen thermometer
- spatula

## Directions

- Cook ribs: Preheat oven to 42
- Put ribs in a wide ovenproof 5- to 6-qt. pot with onion, garlic, thyme, rosemary, bay leaves, salt, and enough water (about 1 qt.) to almost cover meat. Cover pot and bake 1 hour. Turn ribs over, reduce oven to 300, then bake, covered, until fork-tender, about 3 more hours.

Uncover and let meat stand in liquid until cool enough to handle, about 1 hour.

- Meanwhile, make mole: In a small saucepan, cook wine and 2 tbsp. vinegar over medium-high heat until reduced to 1/2 cup, 10 to 14 minutes. Stir in figs, mole sauce, 1 tbsp. molasses, and 1/2 cup broth. Bring to a boil, then simmer over low heat, stirring often, until figs are tender when pierced, 50 minutes. Set aside up to 1 hour, or chill until used.
- Cook fig leaves in a medium pot of boiling water until flexible, about 20 seconds.
- Drain.
- Transfer ribs to a board. Slide bones from meat and discard. Trim and discard fat.
- Lay 4 fig leaves on a work surface, vein side up. Center a short rib on each leaf. Wrap leaves over ribs, starting from bottom and tucking in edges; if needed, add a second leaf to each to cover meat. Set packets folded side down in a greased shallow baking pan.
- Preheat oven to 35
- Bake packets until meat reaches 145 in center on an instant-read thermometer, 25 to 30 minutes. Loosen from pan with a spatula, cut open leaves down center of packets, and fold back edges.
- Meanwhile, reheat mole to simmering, stirring; if needed, add more broth so mole is pourable. Adjust seasoning with more vinegar or molasses. To serve, set packets on plates. Spoon some mole over meat and arrange figs next to ribs. Scatter chips, cacao nibs, and pepitas on top and serve with remaining mole and more salt to taste.
- \*Ask a butcher to cut ribs to size. Buy banana leaves at Latino markets (or use garden fig leaves). Find the mole negro at Latino markets or at [oaxacanfoods.com](http://oaxacanfoods.com) (or use brown mole poblano sauce or paste, found at well-stocked grocery stores). Get cacao nibs on [amazon.com](http://amazon.com)

## Nutrition Facts



## Properties

Glycemic Index:97, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:8.7269565561867%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg 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 Pelargonidin: 0.01mg

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## **Nutrients (% of daily need)**

Calories: 241.93kcal (12.1%), Fat: 3.68g (5.66%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 34.91g (12.7%), Sugar: 31.03g (34.48%), Cholesterol: 3.36mg (1.12%), Sodium: 1126.07mg (48.96%), Alcohol: 6.3g (100%), Alcohol %: 2.19% (100%), Protein: 4.48g (8.97%), Manganese: 0.5mg (24.95%), Fiber: 5.53g (22.1%), Potassium: 578.12mg (16.52%), Magnesium: 62.46mg (15.61%), Vitamin B6: 0.3mg (15.08%), Vitamin C: 7.97mg (9.66%), Copper: 0.19mg (9.61%), Iron: 1.62mg (9.01%), Calcium: 89.63mg (8.96%), Phosphorus: 85.81mg (8.58%), Vitamin B3: 1.71mg (8.54%), Vitamin B1: 0.12mg (8.04%), Vitamin B2: 0.12mg (7.3%), Vitamin K: 7.39µg (7.04%), Vitamin B5: 0.58mg (5.85%), Vitamin A: 268.52IU (5.37%), Folate: 20.41µg (5.1%), Zinc: 0.73mg (4.89%), Selenium: 3.24µg (4.63%), Vitamin B12: 0.15µg (2.57%), Vitamin E: 0.19mg (1.25%)