



Southern Italian-Style Short Ribs

READY IN



195 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 fillet to 4 anchovy
- 2 bay leaves
- 10 beef short ribs bone-in trimmed
- 4 servings ciabatta bread for serving
- 2 tablespoons evoo plus more for drizzling
- 2 medium bulbs fennel cut into wedges, plus 1/2 cup fennel fronds
- 0.5 cup flat-leaf parsley leaves fresh coarsely chopped
- 4 cloves garlic sliced
- 4 servings palmful golden raisins chopped

- 1 pinch ground cloves
- 4 servings lemon zest for garnish (or both)
- 2 onions with root end attached cut into wedges
- 4 servings pecorino cheese shaved for garnish
- 4 servings salt and pepper freshly ground
- 0.3 cup tomato paste
- 1 bottle nero d'avola

Equipment

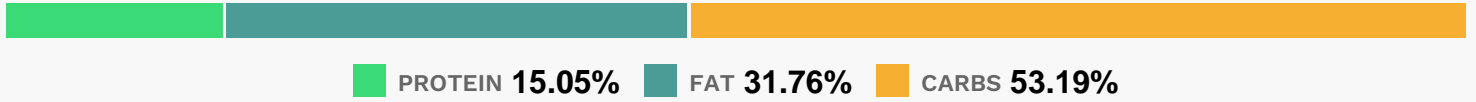
- frying pan
- oven
- aluminum foil
- dutch oven
- broiler pan

Directions

- Preheat the oven to 500 degrees F.
- Bring the short ribs to room temperature. Pat the ribs dry, then sprinkle liberally with salt and pepper and drizzle with EVOO. Arrange the ribs on a broiler pan and roast until well browned, 12 to 15 minutes.
- Meanwhile, heat 2 tablespoons EVOO in a large Dutch oven over medium-high heat.
- Add the anchovies and stir to melt them into the oil.
- Add the garlic, bay leaves, onions, and fennel bulb, and season with pepper. Stir for a few minutes to develop some color on the bottom of the pan, then add the tomato paste, raisins and cloves. Stir for a minute or 2 more, then add the wine and cook until reduced by half, about 10 minutes.
- Reduce the oven temperature to 350 degrees F.
- Add the short ribs to the Dutch oven and stir to coat with the sauce. Cover and roast in the oven until the ribs are very tender, 2 1/2 to 2 3/4 hours.
- Remove the ribs to a platter and cover with foil. Reduce the sauce 10 to 15 minutes more.

- Reserve 4 short ribs for another meal.
- Add the remaining ribs (on or off the bone) to the sauce. Divide among serving dishes and top with the parsley, fennel fronds, a sprinkle of zest and some pecorino.
- Serve with the bread for mopping up the sauce.

Nutrition Facts



Properties

Glycemic Index:69.42, Glycemic Load:18.66, Inflammation Score:-9, Nutrition Score:23.749130580736%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Apigenin: 16.42mg, Apigenin: 16.42mg, Apigenin: 16.42mg, Apigenin: 16.42mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 14.18mg, Quercetin: 14.18mg, Quercetin: 14.18mg, Quercetin: 14.18mg Galocatechin: 0.15mg, Galocatechin: 0.15mg, Galocatechin: 0.15mg, Galocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 579.52kcal (28.98%), Fat: 16.26g (25.02%), Saturated Fat: 6.56g (41.03%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 54.2g (19.71%), Sugar: 28.17g (31.3%), Cholesterol: 34.47mg (11.49%), Sodium: 904.18mg (39.31%), Alcohol: 19.88g (100%), Alcohol %: 5.17% (100%), Protein: 17.34g (34.68%), Vitamin K: 205.33µg (195.55%), Calcium: 447.4mg (44.74%), Phosphorus: 412.68mg (41.27%), Vitamin C: 33.85mg (41.03%), Manganese: 0.77mg (38.7%), Potassium: 1293.39mg (36.95%), Fiber: 7.09g (28.38%), Vitamin A: 1172.65IU (23.45%), Vitamin B6: 0.44mg (22.25%), Iron: 3.82mg (21.24%), Magnesium: 84.01mg (21%), Vitamin B2: 0.33mg (19.2%), Vitamin E: 2.59mg (17.23%), Copper: 0.33mg (16.29%), Folate: 60.91µg (15.23%), Vitamin B3: 2.73mg (13.65%), Selenium: 8.79µg (12.56%), Zinc: 1.85mg (12.35%), Vitamin B12: 0.44µg (7.32%), Vitamin B5: 0.66mg (6.64%), Vitamin B1: 0.09mg (5.75%)