



WHATSheATE

Spanish-Style Oxtails Braised with Chorizo



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 28 oz canned tomatoes whole coarsely chopped canned (including purée)
- ☐ 4 medium carrots coarsely chopped
- ☐ 0.3 lb mild chorizo spanish (spicy cured pork sausage)
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves chopped

- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 large onion coarsely chopped
- ☐ 6 lb meaty oxtails (2- to 3-inch-pieces)
- ☐ 0.5 teaspoon paprika smoked sweet spanish hot
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 1 turkish or

Equipment

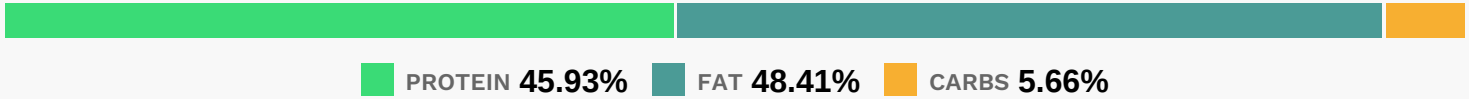
- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ wax paper

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pat oxtails dry and sprinkle with salt and pepper.
- ☐ Heat oil in pot over moderately high heat until hot but not smoking, then brown oxtails in batches without crowding, turning occasionally, about 5 minutes per batch.
- ☐ Transfer as browned to a bowl.
- ☐ Pour off all but 1 tablespoon fat from pot.
- ☐ Remove and discard casing from chorizo, then finely chop sausage in food processor.
- ☐ Cook chorizo, onion, carrots, garlic, and bay leaf in fat in pot over moderate heat, stirring occasionally, until onion is softened, 6 to 7 minutes.
- ☐ Add paprika and cook, stirring, 1 minute.
- ☐ Add wine and bring to a boil, stirring and scraping up any brown bits.

- ☐ Add oxtails with any juices accumulated in bowl and chopped tomatoes (liquid should come about halfway up sides of meat) and bring to a boil.
- ☐ Cover pot and braise oxtails in lower third of oven, turning once or twice, until very tender, 3 to 3 1/2 hours. Skim fat from sauce, then stir in parsley, cilantro, vinegar, and salt and pepper to taste.
- ☐ • Oxtails improve in flavor if braised 2 days ahead (add parsley, cilantro, and vinegar just before serving). Cool, uncovered, then chill, surface covered with parchment paper or wax paper and pot covered with lid.
- ☐ Remove any solidified fat before reheating. • You can also braise oxtails in a roasting pan. First brown oxtails in a 12-inch heavy skillet, then transfer them to a roasting pan just large enough to hold oxtails in 1 layer.

Nutrition Facts



Properties

Glycemic Index:36.98, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:16.06826091331%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 984.33kcal (49.22%), Fat: 51.33g (78.97%), Saturated Fat: 19.69g (123.07%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 10.26g (3.73%), Sugar: 6.93g (7.7%), Cholesterol: 383.07mg (127.69%), Sodium: 1251.62mg (54.42%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 109.57g (219.15%), Vitamin A: 5514.49IU (110.29%), Iron: 15.42mg (85.66%), Vitamin K: 28.31µg (26.96%), Manganese: 0.35mg (17.42%), Vitamin C: 14.16mg (17.16%), Potassium: 456.16mg (13.03%), Fiber: 3.24g (12.94%), Vitamin B6: 0.25mg (12.58%), Calcium: 124.92mg (12.49%), Vitamin E: 1.87mg (12.49%), Copper: 0.21mg (10.74%), Vitamin B3: 1.61mg (8.03%), Magnesium: 30.03mg (7.51%), Vitamin B1: 0.11mg (7.29%), Folate: 24.31µg (6.08%), Phosphorus: 57.14mg (5.71%), Vitamin B2: 0.08mg (4.92%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.45mg (2.99%), Selenium: 0.99µg (1.41%)