



Spiced Short Ribs with Roasted Baby Carrots and Cipollini Onions

READY IN



225 min.

SERVINGS



4

CALORIES



1001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds regular baby carrots trimmed peeled scrubbed
- ☐ 4 pounds beef short ribs
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon butter
- ☐ 1 cup carrots coarsely chopped
- ☐ 1 cup celery coarsely chopped
- ☐ 1 cinnamon sticks 2 in. long
- ☐ 1.3 pounds cipollini onions peeled

- ☐ 3 tablespoons flour
- ☐ 3 large garlic cloves chopped
- ☐ 2 tablespoons ginger minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 tbsp kosher salt
- ☐ 2 cups beef broth reduced-sodium
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 tbsp pepper
- ☐ 750 ml petite sirah dry red

Equipment

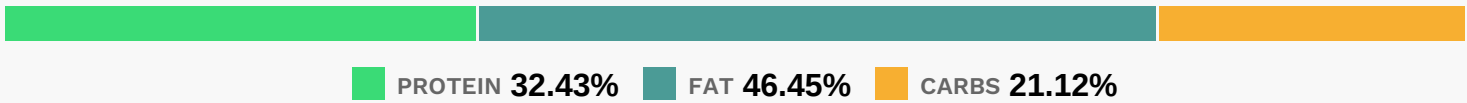
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 30
- ☐ Rinse and dry short ribs.
- ☐ Sprinkle all over with 1/2 tbsp. each salt and pepper.
- ☐ Add 1 tbsp. oil and the butter to a large, deep ovenproof pot over medium-high heat. Working in batches, brown short ribs all over, about 5 minutes per batch, transferring to a bowl as done.
- ☐ Add chopped onion, carrot, celery, garlic, and ginger to pot and cook, stirring often, until vegetables are beginning to brown, 7 to 8 minutes.

- ☐ Add cumin and coriander and cook until fragrant, about 1 minute.
- ☐ Sprinkle with flour and cook, stirring often, until golden brown.
- ☐ Pour wine and 2 cups broth into pot and add peppercorns and cinnamon stick; stirring constantly, bring to a boil. Return short ribs and any accumulated juices to pot. Liquid should just cover them; add a little more broth if necessary. Cover and bake until meat is very tender when pierced, 2 1/4 to 2 1/2 hours.
- ☐ Meanwhile, spread baby carrots and cipollini onions in a 9- by 13-in. baking pan.
- ☐ Drizzle with remaining 1 tbsp. oil and mix to coat; cover with foil. Set in oven after ribs have baked about 1 1/2 hours, and bake 45 minutes.
- ☐ Remove foil and roast until vegetables are tender when pierced and beginning to brown, about 15 minutes longer. If necessary, broil 4 to 6 in. from heat to brown a little more, about 5 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Lift ribs from cooking liquid, cover, and keep warm. Strain liquid into a wide pan, skim off fat, and boil until sauce is reduced to about 2 cups and coats the back of a spoon, about 15 minutes.
- ☐ Arrange ribs in wide, shallow bowls. Spoon carrots and cipollini onions around them and drizzle with a little sauce.
- ☐ Serve remaining sauce on the side.
- ☐ *Short ribs cut lengthwise are often called English-style. If they're too long, ask your butcher to cut them in half.

Nutrition Facts



Properties

Glycemic Index:94.21, Glycemic Load:8.52, Inflammation Score:-10, Nutrition Score:47.1391297216%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg

20.28mg, Epicatechin: 20.28mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 38.2mg, Quercetin: 38.2mg, Quercetin: 38.2mg, Quercetin: 38.2mg

Nutrients (% of daily need)

Calories: 1000.95kcal (50.05%), Fat: 44.43g (68.35%), Saturated Fat: 17.29g (108.07%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 35.5g (12.91%), Sugar: 16.45g (18.28%), Cholesterol: 202.89mg (67.63%), Sodium: 1492.46mg (64.89%), Alcohol: 19.97g (100%), Alcohol %: 2.41% (100%), Protein: 69.79g (139.58%), Vitamin A: 25116.64IU (502.33%), Vitamin B12: 11.23µg (187.18%), Zinc: 16.66mg (111.04%), Vitamin B6: 1.77mg (88.31%), Phosphorus: 758.36mg (75.84%), Selenium: 52.56µg (75.09%), Vitamin B3: 13.13mg (65.67%), Potassium: 2265.74mg (64.74%), Iron: 9.98mg (55.42%), Manganese: 1.07mg (53.39%), Vitamin B2: 0.68mg (40.14%), Fiber: 9.96g (39.86%), Vitamin B1: 0.52mg (34.67%), Vitamin K: 33.52µg (31.92%), Magnesium: 122.38mg (30.59%), Folate: 119.11µg (29.78%), Copper: 0.52mg (26.23%), Vitamin C: 20.86mg (25.28%), Vitamin B5: 2.08mg (20.79%), Calcium: 166.4mg (16.64%), Vitamin E: 1.48mg (9.84%)