



WHATSheATE



HEALTH SCORE

51%

# Tamarind-Braised Short Ribs with Truffle Sunchoke Purée, Watercress Purée, and Glazed Chanterelle Mushrooms



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



2353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



5 fillet anchovy



2 cups balsamic vinegar



0.1 teaspoon peppercorns whole black



32 ounce beef short ribs boneless



2 medium carrots peeled thinly sliced



2 celery stalks thinly sliced

- ☐ 1 pound chanterelles fresh cleaned trimmed halved quartered ( or if large)
- ☐ 2 cups demi glace
- ☐ 2 bay leaves dried
- ☐ 4 servings purple gel food coloring
- ☐ 2 inch ginger fresh minced peeled
- ☐ 4 cloves garlic crushed
- ☐ 4 cups cup heavy whipping cream
- ☐ 1 jalapeno sliced
- ☐ 1 lemon zest
- ☐ 1 quart beef broth low-sodium
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons olive oil
- ☐ 0.5 medium onion thinly sliced
- ☐ 4 servings pepper black freshly ground fine
- ☐ 1 pound sunchoke peeled thinly sliced
- ☐ 0.3 cup tamarind paste
- ☐ 0.3 cup butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup vegetable stock
- ☐ 1 bunch watercress fresh thin ( stems and leaves only)
- ☐ 2 tablespoons frangelico black chopped
- ☐ 2 tablespoons frangelico black chopped

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

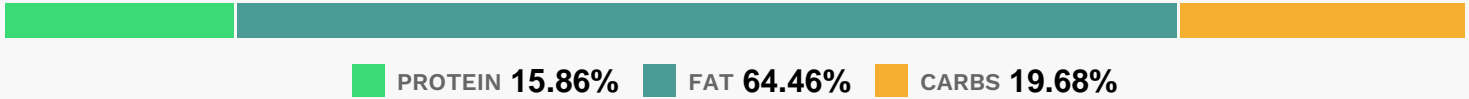
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender

## Directions

- ☐ Season the short ribs generously on all sides with salt and pepper.
- ☐ In a large skillet over moderately high heat, warm 2 tablespoons of the oil until hot but not smoking.
- ☐ Add the short ribs and sear until browned on all sides.
- ☐ Transfer short ribs to a plate and set aside.
- ☐ In a large saucepan over moderate heat, warm the remaining 2 tablespoons oil until hot but not smoking.
- ☐ Add the carrots, celery, onion, garlic, ginger, jalapeo, bay leaves, peppercorns, and cloves and saut, stirring occasionally, until caramelized, about 5 minutes.
- ☐ Add the vinegar, tamarind paste, molasses, and anchovies and simmer, stirring occasionally, until reduced by about 1/2.
- ☐ Add the beef stock and demi-glace.
- ☐ Add the seared short ribs and bring to a boil. Lower the heat to a simmer, cover the pot, and simmer until the meat is fork-tender, about 3 hours.
- ☐ Transfer the short ribs to a plate.
- ☐ Pour the braising liquid through a fine-mesh sieve into a large bowl and discard the solids. Return the strained braising liquid and the short ribs to the large saucepan, cover, and keep warm until ready to serve.
- ☐ In a medium saucepan over moderate heat, combine the sunchokes, cream, and butter and bring to a boil. Lower the heat to a simmer and continue simmering until the sunchokes are tender.
- ☐ Transfer the sunchokes, reserving the cooking liquid, to a blender or food processor, and process, adding the liquid as necessary, until completely smooth.
- ☐ Transfer the to a bowl, stir in the truffles, and season with salt and pepper.
- ☐ Reserve a couple of watercress leaves for garnish.

- ☐ In a medium pot of boiling water, blanch the remaining watercress.
- ☐ Transfer to a blender or food processor, add 2 tablespoons of the olive oil, season with salt and pepper, and process until smooth. With the blender or food processor on low, slowly add the remaining 2 tablespoons olive oil and continue to process until smooth and fully incorporated.
- ☐ Transfer to a small bowl and stir in the lemon zest.
- ☐ In a large skillet over high heat, warm the oil until hot but not smoking.
- ☐ Add the mushrooms and saut, stirring occasionally, until browned, about 6 minutes.
- ☐ Add the butter and let it melt, stirring occasionally.
- ☐ Add the vegetable stock and simmer, stirring occasionally, to glaze the mushrooms. Season with salt and pepper.
- ☐ Divide the sunchoke pure among 4 large plates. Top each with 1 short rib then divide the mushrooms among the plates, arranging them around the short ribs.
- ☐ Drizzle the plate with the braising liquid and the watercress pure and garnish with the reserved watercress leaves.
- ☐ From Master
- ☐ Chef, 2013 FOX

## Nutrition Facts



## Properties

Glycemic Index:128.71, Glycemic Load:28.12, Inflammation Score:-10, Nutrition Score:58.181738646134%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

## Nutrients (% of daily need)

Calories: 2353.18kcal (117.66%), Fat: 167.7g (258%), Saturated Fat: 83.22g (520.13%), Carbohydrates: 115.21g (38.4%), Net Carbohydrates: 107.09g (38.94%), Sugar: 70.01g (77.79%), Cholesterol: 466.35mg (155.45%), Sodium:

3159.87mg (137.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.83g (185.67%), Vitamin A: 9608.88IU (192.18%), Vitamin B12: 8.15µg (135.8%), Iron: 19.44mg (108.01%), Potassium: 3277.39mg (93.64%), Zinc: 12.8mg (85.34%), Phosphorus: 802.93mg (80.29%), Vitamin B3: 15.49mg (77.44%), Selenium: 49.69µg (70.99%), Vitamin B2: 1.18mg (69.5%), Vitamin B6: 1.39mg (69.44%), Vitamin D: 10.24µg (68.27%), Manganese: 1.1mg (54.75%), Vitamin E: 7.74mg (51.62%), Copper: 0.95mg (47.34%), Vitamin K: 49µg (46.67%), Magnesium: 186.4mg (46.6%), Vitamin B1: 0.59mg (39.43%), Vitamin B5: 3.41mg (34.14%), Calcium: 337.09mg (33.71%), Fiber: 8.12g (32.48%), Vitamin C: 19.01mg (23.05%), Folate: 53.92µg (13.48%)