



Wine-braised Short Ribs with Parsnips, Carrots, and Artichokes



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



12

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds baby artichokes
- ☐ 6 pounds beef ribs fat trimmed
- ☐ 1 tsp pepper black divided freshly ground
- ☐ 2 cups canned tomatoes canned crushed
- ☐ 6 medium carrots peeled
- ☐ 3 celery stalks
- ☐ 3 cups wine dry red

- ☐ 0.5 cup flat parsley divided chopped for garnish
- ☐ 6 sprigs rosemary leaves fresh
- ☐ 1 head cloves separated peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 large onion finely chopped
- ☐ 3 medium parsnips peeled
- ☐ 1 tsp salt divided

Equipment

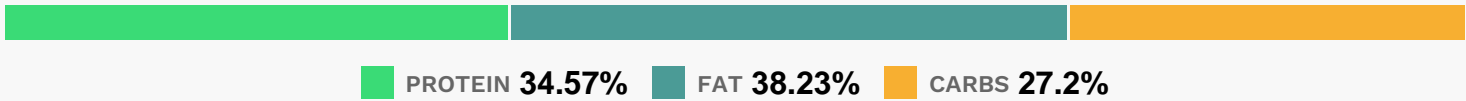
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Cut 3-in. lengths from slender ends of carrots, parsnips, and celery. Halve them lengthwise, then halve again if large; you should have 12 to 14 sticks of each vegetable.
- ☐ Cut remaining vegetables into 1/2-in. dice; separate and set aside diced vegetables and sticks. Preheat oven to 37
- ☐ Sprinkle short ribs all over with 1/4 tsp. each salt and pepper.
- ☐ Heat olive oil in a 6- to 8-qt. pot over medium-high heat. Working in 3 batches, brown ribs in oil on both sides, 5 to 10 minutes per batch.
- ☐ Transfer as browned to a 12- by 17-in. roasting pan.
- ☐ Pour fat from pot and reserve; return 2 tbsp. to pot.
- ☐ Add diced vegetables and onions to pot and cook, stirring often, until lightly browned, 5 to 10 minutes. Spoon over ribs.
- ☐ Pour reserved fat into pot.

- ☐ Add vegetable sticks and cook, stirring often, until golden, 5 to 6 minutes. Spoon into an 8-in. square pan and sprinkle with a little chopped parsley, salt, and pepper. Cover tightly with foil; chill until roasting (up to 1 day).
- ☐ Pour wine, tomatoes, 1/3 cup parsley, and 3/4 tsp. each salt and pepper into empty pot. Bring to a boil over high heat, then pour over ribs. Turn ribs in liquid to coat. Scatter garlic cloves and rosemary on top. Cover tightly with 2 sheets foil.
- ☐ Braise rib mixture in oven, turning meat every hour, until meat is nearly fork-tender, about 2 1/4 hours. Skim and discard fat from juices.
- ☐ Meanwhile, fill a medium bowl with water and add lemon juice. Trim stems, outer leaves, and tips from artichokes, leaving just the tender yellow-green leaves, and trim bases to neaten; drop each into lemon water immediately after trimming to prevent browning (keep in water up to 2 hours).
- ☐ Drain artichokes and push into liquid around ribs; cover tightly. Cook rib mixture and pan with vegetable sticks until ingredients are very tender, 25 to 30 minutes.
- ☐ Put a large platter in oven to warm. Discard rosemary stems from roasting pan. If mixture is very juicy, transfer ribs and artichokes to a large bowl and cover; set pan over 2 burners on high heat and boil, stirring often, until most of liquid evaporates, 5 to 7 minutes.
- ☐ Spoon diced vegetables and juices from roasting pan onto platter. Arrange ribs, artichokes, and vegetable sticks on top.
- ☐ Sprinkle with chopped parsley and garnish with parsley sprigs.
- ☐ Serve with Horseradish Beet Sauce.
- ☐ *Ask a butcher to cut short ribs into twelve 4-in.-long pieces.
- ☐ Make ahead: Make through step 5, then cool and chill airtight 1 day. Spoon off fat from juices and discard, then reheat rib mixture, covered, in a 375 oven for 45 minutes; continue with step 6, adding about 1 cup water if pan is low on juices.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:31.169999620189%

Flavonoids

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 Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 464.16kcal (23.21%), Fat: 18.41g (28.33%), Saturated Fat: 7.4g (46.24%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 19.23g (6.99%), Sugar: 8.31g (9.24%), Cholesterol: 97.68mg (32.56%), Sodium: 524.85mg (22.82%), Alcohol: 6.3g (100%), Alcohol %: 1.65% (100%), Protein: 37.47g (74.93%), Vitamin A: 6413.01IU (128.26%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.4mg (56.01%), Vitamin K: 57.37µg (54.64%), Fiber: 10.25g (41.02%), Vitamin B6: 0.82mg (40.94%), Phosphorus: 375.28mg (37.53%), Iron: 6.49mg (36.03%), Selenium: 24.96µg (35.66%), Vitamin B3: 6.78mg (33.92%), Potassium: 1012.41mg (28.93%), Vitamin C: 21.03mg (25.5%), Manganese: 0.47mg (23.38%), Vitamin B2: 0.32mg (19.05%), Vitamin B1: 0.26mg (17.06%), Magnesium: 64.02mg (16.01%), Folate: 56.7µg (14.17%), Copper: 0.27mg (13.28%), Calcium: 102.04mg (10.2%), Vitamin B5: 1.01mg (10.09%), Vitamin E: 1.49mg (9.95%)