



Zinfandel-Braised Beef Short Ribs with Rosemary-Parsnip Mashed Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 4 pounds beef ribs
- ☐ 3 tablespoons butter divided room-temperature
- ☐ 6 tablespoons butter ()
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 6 garlic clove chopped
- ☐ 2 cups beef broth

- ☐ 1 pound parsnips peeled cut into 3/4-inch cubes
- ☐ 2 cups parsnips peeled
- ☐ 2.5 cups onion red chopped
- ☐ 3 pounds baking potatoes peeled cut into 1-inch cubes
- ☐ 1 cup milk whole
- ☐ 750 ml red wine

Equipment

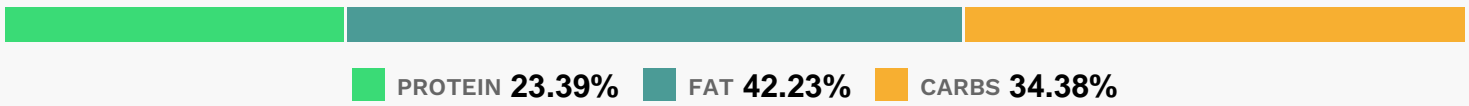
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Preheat oven to 325°F. Melt 1tablespoon butter in heavy large oven-proofpot over medium-high heat.
- ☐ Sprinkle ribs with coarse salt and pepper.
- ☐ Add to pot in single layer and sauté until brown on all sides, about 10 minutes.
- ☐ Transfer ribs to large bowl.
- ☐ Add 1 tablespoon butter to pot.
- ☐ Add onions; sauté until brown, about 6 minutes.
- ☐ Add parsnips; sauté until beginning to color, about 6 minutes.
- ☐ Mix in garlic, then rosemary.
- ☐ Add wine and broth; bring to boil, scraping up browned bits.
- ☐ Return ribs and any accumulated juice to pot, arranging in single layer. Bring to simmer; cover and place in oven. Braise until ribs are very tender, about 2 1/2 hours.

- ☐ Using tongs, transfer ribs to clean bowl.Spoon fat from pan juices. Boil juices untiljust beginning to thicken, about 10 minutes.
- ☐ Mix 1 tablespoon butter and flour in smallbowl to smooth paste.
- ☐ Whisk into juices inpot; simmer until thickened enough to coatspoon, about 5 minutes longer. Season gravywith coarse salt and pepper. Return ribs topot; spoon gravy over. DO AHEAD: Can bemade 2 days ahead. Chill uncovered untilcold, then cover and keep chilled. Rewarmover low heat before serving.
- ☐ Cook potatoes and parsnipsin large pot of boiling salted water untiltender, about 15 minutes.
- ☐ Meanwhile, bring milk, butter, androsemary to simmer in small saucepan.
- ☐ Drain potato mixture and return to pot.Stir briefly over medium heat to evaporateexcess moisture.
- ☐ Add milk mixture and mashwell. Season to taste with salt and pepper.
- ☐ Transfer short ribs and gravy to largeshallow serving bowl.
- ☐ Serve short ribs withmashed potatoes.

Nutrition Facts



Properties

Glycemic Index:57.34, Glycemic Load:32.6, Inflammation Score:-8, Nutrition Score:33.530869162601%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

Nutrients (% of daily need)

Calories: 733.07kcal (36.65%), Fat: 31.24g (48.07%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 49.66g (18.06%), Sugar: 8.99g (9.99%), Cholesterol: 135.2mg (45.07%), Sodium: 657.43mg (28.58%), Alcohol: 10.38g (100%), Alcohol %: 1.94% (100%), Protein: 38.94g (77.88%), Vitamin B12: 5.85µg (97.43%), Vitamin B6: 1.43mg (71.39%), Zinc: 9.2mg (61.32%), Phosphorus: 533.49mg (53.35%), Potassium: 1804.33mg (51.55%), Manganese: 0.91mg (45.63%), Vitamin B3: 8.68mg (43.39%), Selenium: 28.19µg (40.26%), Vitamin C: 29.44mg (35.69%), Iron: 5.88mg (32.67%), Fiber: 7.58g (30.31%), Vitamin B1: 0.43mg (28.67%),

Magnesium: 112.81mg (28.2%), Folate: 107.24µg (26.81%), Vitamin B2: 0.44mg (25.71%), Vitamin K: 24.74µg (23.56%),
Copper: 0.43mg (21.31%), Vitamin B5: 1.81mg (18.06%), Calcium: 129.26mg (12.93%), Vitamin E: 1.75mg (11.67%),
Vitamin A: 453.22IU (9.06%), Vitamin D: 0.34µg (2.24%)