



Braised Beef Short Ribs

Yield: serves 4

Ingredients:

- 8 pieces beef short ribs (3-4 oz each)
- 2 carrots, peeled
- 1 medium yellow onion, large diced
- 2 celery sticks, large diced
- 2 Bay leaves
- 1 tsp peppercorns
- 1 tsp dried thyme
- 1 bottle red wine (750 ml)
- 1 litre beef stock
- 2 tbsp tomato paste
- 1 tbsp flour
- 1 tbsp vegetable oil
- Salt pepper, to taste
- 1 brown sauce packet (optional)

Method:

Heat a 4 quart pot or medium sized pot over medium heat, add vegetable oil.

Toss short ribs in flour and a pinch of salt and pepper coating each rib evenly. Brown in your pot until all sides are browned. Remove the ribs and add in carrots, celery and onions and sauté for 3-4 minutes until they start to brown.

Add tomato paste and continue browning the vegetables for another 5 minutes. Deglaze the pot with the red wine and turn up the heat to reduce the wine by two-thirds. Return the short ribs to the pot and add in the rest of the ingredients. Bring liquid up to a simmer, cover in foil.

Place pot in a 300 F oven and slowly braise for 4-5hours. Remove the ribs and strain the liquid into another pot. Skim fat from the top of the liquid, and add 1 brown sauce packet. You can thicken braising liquid with cornstarch if needed. Serve the thickened sauce over top of your short ribs.

Mashed potatoes make a great accompaniment.