

Braised Short Rib

- 2 lb Boneless Short Ribs or 3 lb Bone-in Short Ribs
- 3 Carrots
- 2 Yellow Onions
- 6 Celery Stalks
- 1 c Tomato Paste
- 10 Garlic Cloves
- 2 Spring Rosemary
- 24 oz Red Table Wine
- 6 oz Butter
- Salt and Pepper
- 2 c Flour (or Rice Flour to be Gluten Free)
- Canola Oil



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1. Pre-heat oven to 250 degrees
2. Wash vegetables, peel carrots and rough cut them into thumb size pieces. Mix and set aside.
3. Cut Short Ribs up into pieces about 6-8 oz. each. Salt and pepper cut meat on all sides. Dredge in desired flour, shaking off excess flour.
4. In a hot sauté pan sear meat on all sides in canola oil. Short rib should be dark golden brown, but not black. Remove and set in deep-sided oven baking pan. Edges of pan should be higher than the volume of meat.
5. In same sauté pan, sear vegetables until golden brown. Add tomato paste, garlic, and rosemary. Cook mixture until tomato paste begins to caramelize. De-glaze with a small amount of the red wine, just enough to remove all food stuck to the bottom of the pan.
6. Pour vegetable mixture over short ribs, and add remaining red wine. Top off with water so that all meat is submerged. Cover first with parchment paper, then with aluminum foil. Bake in oven until meat is fork tender. Cook times vary based on oven types, but 2-3 hours should suffice.
7. Remove baking pan from oven and remove foil and parchment paper. Take short rib out of the liquid gently and set aside. Strain liquid from vegetables,



reserve vegetables separately. In a stainless steel pot bring liquid up to a boil, then turn down to a simmer. Set the pot slightly to the side of the heat source. The oil will collect at the side of the pot opposite the heat source, skim the fat off and reduce the volume of liquid slightly. Discard oil.

8. In a blender or food processor blend cooking liquid with a portion of the cooked vegetables, being careful not to blend any rosemary stems or sprigs. Liquid should thicken a little to a sauce consistency. Add butter to the sauce and salt to taste.

9. Place your short ribs in a high-sided container and pour the sauce over the meat (all short ribs should be covered.) Reheat in oven if dish has cooled off.

10. Serve with whipped potatoes or polenta, and any seasonal vegetables you prefer! Enjoy.

