



Braised Short Ribs

Serves 2-3 NOTE: This recipe makes elegant ribs. It's simple, but, it is ideally prepared over 2 days.

1-2 Tablespoons Olive Oil
3 pounds bone-in beef short ribs, at least 1 1/2 inches thick and 4-5 inches in length preferred; 1 medium onion, cut into 1/2 inch dice
2 medium carrots cut into 1/2 inch dice
3 shallots, quartered
1 medium garlic head (8-10 large cloves); separate cloves, smash in their skins, remove skin and rough chop
1 1/2 tablespoons flour
2 cups of full-bodied red wine such as Chianti, Cabernet Sauvignon, Cab/ Blend or Pinot Noir
Splash of balsamic vinegar (optional)
2 cups chicken stock (or beef stock), plus extra
Handful of Parsley
1 bay leaf
1 can tomato paste
1/4 cup chopped parsley for garnish, optional

1. Adjust an oven rack to the center position and pre-heat the oven to 300 degrees.
2. Cut Ribs apart (between bones). Liberally season the short ribs with salt and pepper. Pour oil into heavy skillet. When the oil just starts to smoke, brown half of the meat until deeply colored on all sides, using tongs to lean the ribs against each other for balance. Transfer the ribs to Dutch Oven. Repeat the process with the second half of the meat.
3. Pour off all but 2 tablespoons of the fat from the skillet into Dutch Oven or Casserole and lower the heat to medium. Add the onions, carrots, and shallots. Sauté until soft and the onions and shallot become translucent, 6 to 7 minutes. Add the garlic and cook an additional minute. Stir in the flour until well combined, about 1 minute more. Add 1 3/4 cups of wine to the pan and bring to a simmer, scraping up any browned bits remaining at the bottom of the pan.
4. Add the contents of the skillet to the Dutch oven. Add chicken (or beef) stock to cover ribs; add parsley, bay leaf, and tomato paste. Add salt and pepper. Set the Dutch oven over medium-high heat and bring to a boil. Cover and set the pot in the oven. Cook until the meat is fork-tender, 3 to 4 hours (longer if you choose).
5. Remove the Dutch oven from the oven. Using tongs, transfer the ribs to a large plate, removing excess vegetables and herbs that may cling to the meat. Discard any loose bones that may have fallen away from the meat. Strain the braising liquid through a large sieve into a bowl, pressing out the liquid from the solids. Cover the ribs and liquid separately with plastic wrap and refrigerate overnight. (If serving the ribs the same day, place the liquid in a glass bowl or large measuring cup and spoon off excess fat. It is best to let the liquid rest for at least 30 minutes to allow most of the fat to rise to the surface.)
6. Spoon off and discard the solidified fat from the braising liquid. Add the liquid to the clean Dutch oven and bring to a boil over medium-high heat. Briskly simmer until the sauce is reduced to the consistency of heavy cream, 5 to 10 minutes. Add the remaining 1/4 cup wine (and balsamic vinegar, optional) and the reserved ribs to the pot. Reduce the heat to medium-low, cover, and cook until the meat is heated through, about 10 minutes. Serve immediately, with or without chopped fresh parsley.

Serve with polenta or egg noodles and a wine similar to what's in the Short rib Sauce!