

Red Wine-Braised Short Ribs

Makes 6 Servings

Cook Time: 2 1/2 hours

The Silver Chef - "Cooking Isn't Rocket Science...Baking Is Chemistry"

Main Dishes

Recipe and photo courtesy BonAppetite Magazine Published October 2011(link below). I choose to substitute 2 cups of the beef stock with 2 cups of veal demi-glance. I find the demi-glance give the sauce more body. It is optional and not in the original recipe

Original recipe - https://www.bonappetit.com/recipe/red-wine-braised-short-ribs?mbid=synd_buzzfeed



5 pounds bone-in beef short ribs, cut crosswise into 2-inch pieces
kosher salt and freshly ground black pepper
3 tablespoons vegetable oil
3 medium onions, chopped
3 medium carrots, peeled, chopped
2 celery stalks, chopped
3 tablespoons all-purpose flour
1 tablespoon tomato paste

1 (750-milliliter) bottle cabernet
10 sprigs flat leaf parsley
8 sprigs thyme
4 sprigs oregano
2 sprigs rosemary
2 fresh or dried bay leaves
1 head garlic, halved crosswise
2 cups beef stock
2 cups veal demi glace

Preheat oven to 350°.

1. Season short ribs with salt and pepper.
2. Heat oil in a large Dutch oven over medium-high.
3. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate.
4. Pour off all but 3 Tbsp. drippings from pot. Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes.
5. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes.
6. Stir in wine, then add short ribs with any accumulated juices.
7. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes.
8. Add all herbs to pot along with garlic.
9. Stir in stock and demi-glance and bring to a boil, cover, and transfer to oven.
9. Cook until short ribs are tender, 2–2 1/2 hours.
10. Transfer short ribs to a platter and strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard and season with salt & pepper to taste.

I like to serve over a bed of mushroom polenta.