

BRAISED BEEF SHORT RIBS

Courtesy of Kevin Lacassin
Good Food Catering Company (www.GoodFoodTampa.com)
Makes 4 servings

Serving Size : 4

Amount	Measure	Ingredient -- Preparation Method
4	lbs	beef short ribs -- cut English style (cut parallel to the bone) Coarse salt and black pepper -- to taste
3	cups	red wine -- preferably cabernet sauvignon or zinfandel
6	oz	canned chopped tomatoes
2	cups	beef broth
1	tbsp	minced garlic
3	sprigs	fresh thyme -- picked off stem
2		bay leaves
3	oz	canola oil
1	large	onion -- diced (2 cups)
2	medium	carrots -- diced (1/2 cup)
2	stalks	celery -- diced (1/2 cup)
2	oz	dried porcini mushrooms

METHOD

- Season short ribs with salt and pepper; be rather generous. In a mixing bowl, whisk together red wine, tomatoes, beef broth, garlic, thyme, bay leaves, and a pinch of salt.
- Pour canola oil into a heavy 12" cast iron skillet or Dutch oven (at least 5 quarts) and place over high heat. When oil is hot, working in small batches, brown the meat. Turn each piece to brown on all sides before removing from the pot.
- Tip: A sturdy pot that conducts heat well has a lot to do with the success of this dish. Get yourself a cast-iron pot!
- When all beef is browned and removed from pot, add onion, carrots, and celery, allowing to cook until browned, about 10 minutes, stirring frequently.
- Return beef to the pot along with wine mixture. Allow wine to come to a boil before reducing heat, skimming fat from surface.
- After simmering for several minutes, add mushrooms. Cover and simmer over very low heat until meat is fork tender and nearly falling off the bone, about 1 1/2 to 2 hours.
- Once the beef has cooked, remove from pot and keep warm. Turn up heat and reduce the pot liquids until thickened, about 10 minutes. Season with salt and pepper to taste.



Transfer ribs to four shallow bowls, spooning liquid over top. Serve with mashed potatoes or grits