

Braised Beef Short Ribs

Recipe courtesy of Anne Burrell, from Secrets of a Restaurant Chef

Serves 6-8

These ribs can be made a day or two ahead and refrigerated. Scrape off any fat that comes to the top after chilling and remove before reheating.

5 pounds bone-in beef short ribs (English Cut)

Kosher salt

Extra-virgin olive oil

2 yellow onions, peeled and cut into 1/2-inch pieces

2 ribs celery, cut into 1/2-inch pieces

2 carrots, peeled, cut in 1/2 lengthwise, then cut into 1/2-inch pieces

2 cloves garlic, smashed

1 1/2 cups tomato paste

2 to 3 cups hearty red wine

2 cups water

1 bunch fresh thyme, tied with kitchen string

2 bay leaves

1. Season short ribs generously with salt. Coat a pot large enough to accommodate all the meat and vegetables with olive oil and bring to a high heat. Add the short ribs to the pan and brown very well, about 2 to 3 minutes per side. Do not overcrowd pan. Cook in batches, if necessary.
2. Preheat the oven to 375 °F.
3. While the short ribs are browning, puree all the vegetables and garlic in the food processor until it forms a coarse paste. When the short ribs are very brown on all sides, remove them from the pan. Drain the fat, coat the bottom of same pan with fresh oil and add the pureed vegetables. Season the vegetables generously with salt and brown until they are very dark and a crust has formed on the bottom of the pan, approximately 5 to 7 minutes. Scrape the crust and let it reform. Scrape the crust again and add the tomato paste. Brown the tomato paste for 4 to 5 minutes. Add the wine and scrape the bottom of the pan. Lower the heat if things start to burn. Reduce the mixture by half.
4. Return the short ribs to the pan and add 2 cups water or until the water has just about covered the meat. Add the thyme bundle and bay leaves. Cover the pan and place in the preheated oven for 3 hours. Check periodically during the cooking process and add more water, if needed. Turn the ribs over halfway through the cooking time. Remove the lid during the last 20 minutes of cooking to let things get nice and brown and to let the sauce reduce. When done the meat should be very tender but not falling apart. Serve with the braising liquid.

These ribs are delicious served with mashed potatoes or creamy polenta or even some crusty bread to soak up all the flavourful sauce.