

Braised Beef Short Ribs

Serves 8

Prep Time: 10 minutes

Cook Time: 3 1/2 hours

Ingredients

8 meaty bone-in beef short ribs
(each about 12 oz; preferably grass-fed)

1 tbs olive oil

3 large shallots (6 oz), quartered

1 large carrot (4 oz), peeled, quartered

2 celery stalks (4 oz), quartered

6 large garlic cloves, coarsely chopped

3 1/2 cups dry white wine

6 cups high-quality beef stock

6 fresh thyme sprigs

1 fresh rosemary sprig

1 fresh bay leaf

2 tbs unsalted butter



1. Preheat oven to 275°F. Heat heavy 8-qt pot over medium-high heat. Season beef with salt and pepper. Add oil then beef to pot and cook until golden brown on all sides, about 12 minutes. Transfer beef to bowl.
2. Reduce heat to medium. Add shallots, carrots, and celery, and sauté for 5 minutes. Stir in garlic, then stir in wine, and simmer until reduced by half, about 5 minutes.
3. Stir in beef stock, thyme, rosemary, and bay leaf. Return beef to pot. Bring to simmer over high heat, then cover pot and transfer to oven. Braise until beef falls apart with fork, about 2 1/2 hours.
4. Remove from oven. Uncover and let beef cool in braising liquid (do not allow mixture to become cold). Spoon off fat that rises to top of liquid. Using slotted spoon, gently remove beef from liquid then cover and set aside to keep warm.
5. Strain braising liquid through fine-mesh strainer into heavy large saucepan. Spoon off any excess fat that rises to top of braising liquid. Simmer braising liquid over high heat until reduced to very thin coat spoon (about 1 cup), about 45 minutes. Whisk in butter.
6. Spoon sauce over short ribs and serve.