

Wine Braised Short Ribs

Serves 4

3 pounds beef short ribs

2 Tablespoons olive oil

1 cup diced yellow onion

1 celery rib, minced

1 carrot, peeled and diced

6 cloves of garlic, minced

2 cups full-bodied red wine (*I used Cabernet Sauvignon*)

2 cups low-sodium beef broth

1 sprig rosemary

1 Tablespoon fresh thyme leaves

Salt and Pepper

Pat the ribs dry with a paper towel, then rub with 2 Tablespoons salt and 1 teaspoon pepper. Heat the olive oil on medium- medium/ high in a dutch oven or other large oven safe dish and brown meat on all sides. (If you don't have a dutch oven you can use a large skillet and transfer the items to an oven safe dish after you deglaze the pan). Set the meat aside to rest.

Drain pan of all but 2 Tablespoons of oil. Saute onion, celery, and carrot until soft. Add garlic and saute 2 minutes more, until fragrant. Pour wine into pot and stir with spoon to release any bits stuck to the pan. Add back the beef and all other ingredients. (Go cautiously with the salt at this point. The liquid will reduce by half by the end and will become much more flavorful). Bring to a boil. Cover and bake at 275 degrees for 4 hours (or until meat is tender).

Once tender, remove dutch oven from oven. Take meat from pan and set aside. Discard bay leaf and any stems from the herbs. Pour liquid in a glass container and let sit to cool slightly. Skim fat from surface and discard. Return remaining liquid to the pot. Simmer liquid uncovered until reduced enough that it begins to thicken. Use a ladle to remove 1 cup of the veggies. Reserve. Blend the remaining liquid with an immersion blender (or a regular blender if you don't have one. Return blended liquid to pan). Return reserved veggies and ribs to the pan. Season with salt and pepper to taste. Cover and keep warm until ready to serve.

Serve with potatoes, pasta, polenta, or crusty bread.

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