

Braised Short Ribs



Ingredients :

3-4lbs beef short ribs

1 tbsp olive oil

Rub

-1 tsp salt

-1 tsp pepper

-1 tsp garlic powder

-1 tsp onion powder

Sauce

-1 cup diced carrots

-1 cup diced celery

-1/4 cup diced shallots

-3 cloves minced garlic

-1 cup dry red wine

(Cabernet)

-3oz tomato paste

-2 cups beef broth

-1 can diced tomatoes

-1/2 tsp dried oregano

-1/2 tsp dried thyme

-1 tbsp fresh minced basil

-1/4 tsp dried rosemary

-1/2 tsp paprika

Procedure :

1. Brown short ribs on all sides and remove to a bowl to rest.
2. To the same pan, add 1 tbsp olive oil and then add carrots, celery, shallots and garlic. Sauté 5 minutes until they sweat.
3. Deglaze pan with wine, scraping up the brown bits. Add tomato paste and beef broth, stir well.
4. Add tomatoes and spices, stir well.
5. If using the 5-in-1 Dutch oven, add ribs back to the sauce and place lid on. Slow cook for 6-8 hours on low.
 - a. If using a slow cooker, transfer ribs to the crock and then cover with sauce. Place lid on and slow cook for 6-8 hours on low.
6. Serve over mashed potatoes or creamy polenta.