

Braised Short Ribs

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INGREDIENTS

- 6 lbs of boneless short ribs
- 2 tsp salt
- 2 tsp pepper
- 3 tbsp flour
- 2 sprigs of rosemary
- 6 sprigs of thyme
- 1 bay leaf
- 1 cup rough chopped celery
- 3 medium peeled carrots, diced
- 1 medium onion, diced
- 4 shallots peeled and diced
- 5 garlic cloves, chopped
- 3 tbsp tomato paste
- 3 tbsp flour
- 4 cups of red wine
- 6 cups of veal stock

Braised Short Ribs

Season short ribs with 2 teaspoons of salt and pepper. Heat the oil in a large dutch oven saucepan over high heat until it smokes.

Dust the ribs with flour, and brown on both sides, about three minutes. Pour off the oil between batches. Remove the ribs and set aside.

Lower the flame to medium and add the carrots, onions, shallots, celery, and garlic to the pot. Saute for 5 minutes, until the onions are soft and brown. Stir in the tomato paste and cook for two minutes.

Add the red wine. Cook until the liquid is reduced by a third, about 20 minutes. Return the ribs to the pot. Add the stock and water to cover the ribs (at least 1 inch). Add the rosemary, thyme and bay leaf. Bring to a gentle simmer, cover and transfer to the pre-heated oven. Cook for two to three hours.