

BALSAMIC BRAISED BEEF SHORT RIBS (GF)

NOTE: SELECT RIBS THAT HAVE A NICE SIZE CHUNK OF MEAT ON ONE SIDE OF THE BONE (1-2 INCHES OF MEAT). THEY SHOULD ALSO BE NICELY MARBLED BUT NOT OVERLY FATTY.

5 lbs Beef Short Ribs

Salt and Pepper

2 Tbls. Olive Oil

1 ½ tsp. Turbinado Sugar (raw sugar or plain white sugar can be used)

8 oz bag (½ lb) Baby Carrots

2 Celery Stalks, chopped

7 large cloves Garlic, whole with skins on

½ cup Balsamic Vinegar

1 cup Red Wine, such as Zinfandel or Cabernet Sauvignon

2 cups Beef Broth, plus 1-2 cups more if there is a lot of evaporation

1-2 stems Rosemary, fresh or 2 tsp. dried

2-4 sprigs Thyme, fresh or 2 tsp. dried

2 Bay Leaves

½ Tbls. Butter

1 pkg. (8 oz) Baby Bella Mushrooms, cut into quarters

- ☞ Salt and pepper short ribs. Heat olive oil in Dutch Oven or heavy stove-to-oven-safe pan. Be careful not to over-heat, as olive oil will burn at a lower temperature than regular vegetable oil. Sear the shanks until nicely browned. Sprinkle ribs with turbinado sugar. Let ribs sit in pan 1-3 more minutes to let sugar melt into meat. Transfer ribs to a platter.
- ☞ Preheat oven to 325°. If there is a lot of oil in the pan remove some, leaving about 2-3 Tbls. Add carrots, celery, and garlic. Sauté until veggies are lightly golden and glazed. At this point the skins on the garlic should pop off. Remove and discard the garlic skins.
- ☞ Return ribs to pan. Pour Balsamic vinegar over ribs, being sure to drizzle a little onto each rib. Let vinegar boil lightly in pan for about 3 minutes until the pungent scent of vinegar dissipates. Add wine and broth. Sprinkle rosemary, thyme, and bay leaves on top. When mixture comes to a full boil, cover and put into oven. Braise ribs in oven for 2 hours (NOTE: this is just a checking point, ribs will need to be braised another hour).
- ☞ In a sauté pan melt butter, then add mushrooms and sauté for 3-5 minutes. Add mushrooms to ribs. At this time add 1-2 cups more beef broth (amount of liquid will depend on how much sauce you would like for the final product). Continue to cook in oven for another hour. Total time in the oven is 3 hours.
- ☞ Remove ribs from oven and skim off some of the oil from the pan.

SERVING RECOMMENDATIONS: Serve over egg noodles or with mashed potatoes. The ribs have a nice robust flavor so this dish generally goes best with a bland starch accompaniment.