

CHOCOLATE BRAISED BEEF SHORT RIBS

THIS RECIPE IS INSPIRED BY MOLE BUT INSTEAD OF MAKING A SAUCE, SIMILAR HERBS ARE USED AS A DRY RUB. DESPITE THE STRONG COMPLEX FLAVORS OF THE VARIOUS SEASONINGS IN THIS RECIPE, THEY MELD TOGETHER AND ARE ENHANCED BY THE HEARTY FLAVOR OF THE BEEF SHORT RIBS.

1 Tbls. Sesame Seeds, toasted and ground
2 Tbls. Cocoa Powder, unsweetened
2 Tbls. Penzey's Chili Powder, regular¹
¼ tsp. Cinnamon
¼ tsp. Coriander
1/8 tsp. Cloves
¼ tsp. Salt and Pepper
2 Tbls. Oil, vegetable
2 slices Bacon, thick cut²
5 lb. Beef Short Ribs
1 Tbls. Turbinado Sugar
2 Shallots, sliced
2 stalks Celery, chopped
1 cup Carrots, chopped
1 28 oz. can Tomato, diced
1 ½ cups Cabernet Wine
1 ½ cups Beef Broth

- ☞ In a small bowl, combine sesame seeds, cocoa powder, Penzey's chili powder, cinnamon, coriander, cloves, salt, and pepper. Rub the herb mixture onto the beef short ribs being sure to coat all surfaces well.
- ☞ Preheat oven to 325°. Heat oil in a Dutch Oven or heavy stove-to-oven-safe pan. Brown bacon, being sure not to over cook (bacon should be brown and crisp but not hard or burnt). Set bacon aside and chop into ¾-inch pieces.
- ☞ In the same pan, brown beef short ribs on medium-high heat but be careful not to burn the ribs or pan. After browned, lower heat to medium and sprinkle turbinado sugar onto ribs, being sure to get a little on each rib. Let sit for 1 minute to let sugar melt into meat. Remove ribs and set aside.
- ☞ In the same pan, sauté shallots, celery, and carrots until vegetables look lightly glazed, about 3 minutes. Return beef short ribs and bacon to pan. Add tomatoes, Cabernet wine, and beef broth. Bring to a boil. Cover and place pan in the center of oven. Braise for 3 hours, checking around the 2 hour mark to see if it needs more liquid. If needed, add more beef broth.
- ☞ Before serving, skim fat off of top or you can make this dish a day ahead, refrigerate and remove solidified fat prior to reheating.

SERVING RECOMMENDATIONS: SERVE OVER MASHED POTATOES OR A SMOOTH POLENTA. THE RIBS HAVE A VERY ROBUST FLAVOR SO THIS DISH GENERALLY GOES BEST WITH A BLAND STARCH ACCOMPANIMENT.

¹ I specifically used Penzey's brand of Chili Powder because of its blend of Ancho Chili pepper, cumin, garlic, and Mexican Oregano.

² I recommend Wellshire Farm's Black Forest Bacon. Remember the type and flavoring in the bacon will effect your dish. For example, if you choose a maple or heavily smoked flavored bacon it will have a significant impact on the overall flavor, which may not be bad, just an element to consider.