

red wine-braised short ribs

RECIPE COURTESY OF KATIE BUTTON

INGREDIENTS:

- 3 pounds beef short ribs
- 3 teaspoons kosher salt
(or 1 teaspoon per pound of meat)
- ¼ cup grapeseed oil
- 2 celery stalks, roughly chopped (see Cook's Note)
- 2 parsnips, roughly chopped
- 1 leek, roughly chopped
- 1 onion, roughly chopped
- 4 cups chicken or beef stock
- ½ bottles (each 750 milliliters) bold red wine
- 3 thyme sprigs

ACTIVE TIME:

1 hour

TOTAL TIME:

4 hours 30 minutes

EASE OF PREPARATION:

Easy

YIELD:

4 servings

INSTRUCTIONS

1. Season the ribs liberally with salt. Heat 3 tablespoons of the grapeseed oil in a Dutch oven with a tight-fitting lid. Once it is hot, sear the ribs over medium-high heat on all four sides, about 1 minute per side. Move the pot off of the heat. Remove the ribs from the pot onto a plate. Check the bottom of the pot for any residual black bits, and wipe them out as needed.
2. Return the pot to medium heat, then add the remaining 1 tablespoon of grapeseed oil along with the celery, parsnips, leek, and onion. Sauté the vegetables until caramelized, stirring about 10 minutes. Pour in half of the red wine and allow it to reduce. When the wine is almost fully evaporated, add in the rest of the wine. Reduce it again until almost fully evaporated. This process should take about 30 minutes.
3. Meanwhile, preheat the oven to 275°F.
4. Add the stock and place the short ribs back into the pan. Bring everything up to a simmer and add the thyme. Turn the burner off, place the lid on the pot, and pop it into the oven for about 3 hours. Check the short ribs for tenderness by pulling the meat gently with a fork. If not yet tender, continue to braise for 30-minute increments, checking them at the end of each increment. (See Cook's Note.)

COOK'S NOTE: *Before beginning, rough chop all the vegetables. They will cook down during the process, and do not need to be beautiful.*

COOK'S NOTE: *If you like, pour out half of the liquid into a pot when the braising is finished and reduce it to a gravy consistency. Add the reduced broth back into your pot. This will make the broth thicker and more flavorful and will coat the short ribs nicely. Serve them with mashed potatoes, egg noodles, or crusty bread -- or enjoy them alone.*