

Beef Short Ribs

Source - Adapted From: Ina Garten, Anne Burrell, Epicurious, Bon Appétit, Amazing Ribs and Smitten Kitchen

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Servings: 6 *Prep Time:* 45 min *Cook Time:* 2hr 50min

Ingredients:

12 Beef Short ribs, cut to 2" in length with bone

Sea Salt

Freshly ground Black Pepper

¼ c Olive Oil

1 sm Fennel, fronds, stems, and core removed, large-diced

1 Leek, cleaned and large-diced, white part only

1 ½ c chopped Onion (2 onions)

6 stalks Celery, large-diced

2 Carrots, peeled and large-diced

3 Garlic cloves, minced

3 T Tomato Paste

1 (750-ml) bottle Cabernet Sauvignon or Zinfandel or Syrah

2 sprigs fresh Rosemary sprigs

8 sprigs fresh Thyme sprigs

4 sprigs fresh Oregano

2 sprigs fresh Tarragon

2 Bay Leaves

1 T Brown Sugar

6 c Beef Stock or Veal Stock

¼ c Worcestershire Sauce

6 oz lg Button Mushrooms, thick sliced

Directions:

Preheat the oven to 400° F. Place the short ribs on a sheet pan, sprinkle with salt and pepper, and roast for 15 minutes. Remove from the oven. Reduce the oven temperature to 300° F.

Meanwhile, heat the olive oil in a large Dutch oven and add the fennel, leek, onion, celery and carrots and cook over medium-low heat for 20 minutes, stirring occasionally. Add the garlic and cook for another 2 minutes. Add the tomato paste and wine, bring to a boil and cook over high heat until the liquid is reduced by half, about 10 minutes. Add 1 tablespoon salt and 1 teaspoon pepper. Tie the rosemary, thyme, oregano and tarragon together with kitchen twine and add to the pot. Add the bay leaves.

Place the roasted ribs on top of the vegetables in the Dutch oven and add the brown sugar, beef stock and Worcestershire sauce. Bring to a simmer over high heat. Cover the Dutch oven and bake for 1 hour and add the sliced mushrooms. Continue to cook for another hour or until the meat is very tender.

Carefully remove the short ribs from the pot and set aside. Discard the herbs and skim the excess fat. Cook the vegetables and sauce over medium heat for 20 minutes, until reduced. Put the ribs back into the pot and heat through. Serve with the vegetables and sauce.

Wine Suggestion: Cabernet Sauvignon