



PRINT WORKS BISTRO

Braised Beef Short Ribs

1/4	cup	canola oil
4	pounds	beef short ribs
		salt & pepper
1/3	pound	carrots – large dice
1/2	pound	celery – large dice
3/4	pound	leeks – large dice
10	cloves	garlic
1/2	cup	fresh parsley including stems
6	tablespoons	fresh basil including stems
1	tablespoon	fresh thyme including stems
1	pound	canned diced tomatoes
3/4	cup	wine - Shiraz
1	tablespoon	red wine vinegar
1	cup	V-8 juice
2-3	cups	veal stock

Heat oil in a roasting pan over medium heat until very hot. Salt and pepper short ribs to taste, add to pan and brown well on all sides. Remove the short ribs from pan and set aside.

In the same pan, cook the carrots, celery, and leeks until softened.

Add the garlic, parsley, basil and thyme stems. Add tomatoes, vinegar, wine and V-8 juice.

Add the short ribs back to pan and add enough stock to cover.

Cover roasting pan tightly with aluminum foil. Place pan in 225 degree oven for 4 – 4.5 hours until ribs are quite soft.

Remove the ribs carefully from the liquid taking care not to break them.

Strain the stock into a container, pushing solids against the sides of the strainer.

Remove the bones from the ribs, immerse the meat in the stock and chill for at least eight hours.

Remove the congealed fat from the top of the stock. Remove the meat from the stock.

Reduce the stock by half creating a braising liquid to serve over the ribs.

Making seasoning adjustments to taste.

Serves - 4

Disclaimer: All our recipes were originally designed for much larger batch size. This recipe has been reduced – but not tested at this scale. Please adjust as to your taste and portion size.

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