

# RED WINE-BRAISED SHORT RIBS

## INGREDIENTS:

- 2 12-ounce boneless short ribs
- 1/2 small white onion, diced
- 1 carrot, peeled and diced
- 1 rib of celery, diced
- 3 cloves of garlic, minced
- 2 shallots, minced
- 375 milliliters good-quality dry, red wine
- 1 pint low-sodium beef stock
- 3 bay leaves
- 3 sprigs rosemary and thyme
- 2 ounces butter

## FOR THE SEASONED FLOUR:

- 4 cups all-purpose flour
- 1/2 teaspoons ground black pepper
- 2 teaspoons salt
- 1/4 teaspoons cayenne pepper
- 1/4 teaspoons ground allspice
- 1/4 teaspoons ground coriander

1. Season the short ribs with salt and pepper and place in the refrigerator for two hours.
2. In an oven-safe pan, brown the short ribs on all sides in canola oil. Remove from pan.
3. Add onion, carrot and celery to the pan and cook until lightly browned. Remove from pan and reserve.
4. Lightly dust the short ribs in seasoned flour. Add butter to the pan and heat until foaming. Add short ribs and cook gently to slightly toast flour. Remove.
5. Add minced garlic and shallot to the pan and cook until fragrant. Add reserved vegetables and red wine. Bring to a simmer and allow the red wine to reduce by 3/4.
6. Tie the rosemary, thyme and bay leaf together with a string and add to reduction. Add short ribs and beef stock. Bring to a light simmer and cover. Put in a 325-degree oven and cook for 2 hours or until tender. Turn meat 2–3 times during cooking.
7. Allow meat to cool slightly in liquid (1 hour). Remove and strain liquid through a mesh strainer. Reduce until thick and finish with a knob of butter for shine.
8. Reheat the meat in the sauce and serve with creamy polenta and roasted Brussels sprouts.

