

Reckless In The Kitchen

Braised Short Ribs

Slightly Adapted from FoodNetwork.com

Ingredients:

- About 5-6 pounds boneless Short Ribs
- Kosher salt
- Extra-virgin olive oil
- 1 large Spanish onion, cut into 1/2-inch pieces
- 2 ribs celery, cut into 1/2-inch pieces
- 2 carrots, peeled, cut in 1/2 lengthwise, then cut into 1/2-inch pieces
- 2 cloves garlic, smashed
- 1 1/2 cups tomato paste
- 2 to 3 cups hearty red wine
- 2 cups water
- 1 bunch fresh thyme, tied with kitchen string
- 2 bay leaves

Directions:

Preheat the oven to 375 degrees. Season each short rib generously with salt. Coat a large oven-safe pot (that has an oven safe cover) with olive oil and bring to a high heat.

Add the short ribs to the pan and brown very well, about 2 to 3 minutes per side. Do not overcrowd pan. Cook in batches, if necessary. Each side should look very, very brown, but NOT black or burned.

While the short ribs are browning, puree all the vegetables and garlic in a food processor until it forms a coarse paste. When the short ribs are very brown on all sides, remove them from the pan. Drain the fat, coat the bottom of same pan with fresh oil and add the pureed vegetables. DO NOT wash out the pot.

Season the vegetables with salt and brown them until they are a nice light brown and a slight crud layer has formed on the bottom of the pan, approximately 5 to 8 minutes.

Scrape the crud and let it reform (Brown food is good food!). Scrape the crud one more time and add the tomato paste. Brown the tomato paste for 4 to 5 minutes. Add the wine and scrape the bottom of the pan once again. Lower the heat if things are starting to burn, continue cooking and reduce the mixture by about half.

Return the short ribs to the pan and add water until the water has just about covered the meat. Add the thyme bundle and bay leaves. Cover the pan and place in the preheated oven for 3 hours.

Check periodically during the cooking process and add more water, if needed. You want the ribs almost but not completely covered in liquid. Turn the ribs over halfway through the cooking time.

Remove the lid during the last 15-20 minutes of cooking to let the sauce reduce down a bit. When done the meat should be very tender but not completely falling apart. Serve with the braising liquid, and a side of mashed potatoes or polenta.