Braised Short Ribs

Description

Beef short ribs are like the most flavorful, delectable, tender, soft pot roast you can possibly imagine—but the meat is on a handy stick for your eating convenience. And really, if you make ‘em right, the stick is only incidental—the meat falls off the bone if you so much as breathe on it. Oh, is it ever a treat.



Summary

Yield: 4
Prep Time: 3 1/2 hours
Category: Meats
Cuisine: American

Ingredients

- 8 whole Beef Short Ribs
- 1/4 cup flour
- 6 slice pancetta diced - can use bacon just as well.
- 2 tbsp olive oil
- 1 medium onion diced
- 3 carrots diced
- 2 shallots peeled and minced
- 2 cup red or white wine
- 2 sprig thyme
- 2 sprig Rosemary
- 2 cup beef or chicken broth

Instructions

Generously salt (Kosher) and pepper ribs, then dredge in flour. Set aside.

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In a large dutch oven, cook pancetta over medium heat until completely crispy and all fat is rendered.

Remove pancetta and set aside. Do not discard grease.

Add olive oil to pan with the pancetta grease, and raise heat to high.

Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside.

Turn heat to medium.

Add onions, carrots, and shallots to pan and cook until all the veggies are soft.

Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook for a few minutes.

Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed.

Add ribs to the liquid; they should be almost completely submerged.

Add thyme and rosemary sprigs (whole), and the bacon to the pan.

Put on the lid and place into the oven.

Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes.

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Ribs should be fork-tender and falling off the bone.

Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving.

At the last minute, skim fat off the top of the liquid. (Can also refrigerate mixture, then remove solid fat from the top.)