

BRAISED SHORT RIBS #1

F EASY

Last Modified: 08/06/2014

PREP: 1 Hr
COOK: 4 Hrs
OVEN: 325

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Short Ribs (English Cut)	Trimmed
3	Tbsp	Unsalted Butter	Divided
2	Tbsp	Olive Oil	
1	Liter	Bottle Cabernet Sauvignon	
1	10 1/2 Oz	Can Beef Stock (Swanson)	
2	Tbsp	Garlic	Minced
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

SHORT RIB FACTOID	<p>There are many "different" Beef Short Rib cuts available for you from the 13 Ribs a Beef Steer has. The first (Front) Ribs 1 ~ 5 become the Chuck. Ribs 6 ~ 12 are where the Short Ribs come from. The first 1/3 (Upper) cut becomes the Prime Rib cut. The middle cut becomes Short Ribs. The meatiest and largest boned Short Ribs come with a nice thin layer of fat on the top.</p> <p>Ribs 6, 7 & 8 and are the ones you want to purchase. There should be a thick layer of mostly lean and well marbled meat on top of each Wide Rib Bone. There are two general Short Rib cuts:</p> <p>#1) Flank-In Style: Where there will be the ends of 3 to 4 different Rib Bones sticking out along the side of each cut.</p> <p>#2) English Style: Where there is a single Rib Bone running the length of each cut. English Style Cuts from Ribs 6, 7 & 8 are what you are searching for to purchase for making this dish (See Picture).</p>
TOOLS	<p>1) Dutch Oven & Lid 2) Gravy Separator 3) Fine Wire Strainer 4) Small Saucepan</p>
PREP	<p>DISH</p> <p>1) Preheat the oven to 325 degrees with a rack in the lowest position. 2) If the Ribs are not already separated, cut them apart evenly and set them aside. 3) Mince the Garlic Cloves and set them aside.</p>
1	Pat the Short Ribs dry and season them with Salt and Pepper on all sides
2	Heat 2 tablespoons of Butter and the Olive Oil in a large Dutch oven over medium high heat. Brown the Ribs on all sides - do in batches as necessary. Remove the Ribs and set aside. Add in the Garlic and stir until softened. Pour in the Wine, bring it to a boil and simmer until reduced to about 1 cup.
FACTOID	Remember, we are Braising here and NOT Boiling. You want the liquid in the Dutch oven to submerge ONLY the lower third of the Short Ribs.
3	Add in the Beef Stock, return the reserved Short Ribs and any released juices back into the Dutch Oven and bring to a simmer. Cover and place in the center rack of the oven - braise until the Meat is tender and is close to falling off the bone (about 3 hours).

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4	Strain the braising liquid through a fine sieve into a Gravy Separator and skim off the fat. Place the liquid in a small saucepan over medium heat and simmer the liquid (skimming the fat as necessary) until it thickens. Lightly whisk in the remaining 1 tablespoon of Butter to make the Glaze shiny. Taste for seasoning and adjust.
SERVE	On a heated dinner plate, add a bed of thickened Braising Liquid, place the Ribs in the Liquid and ladle a bit more of the Braising Liquid over the top. Serve while hot.