

BRAISED SHORT RIBS #2

F EASY

Last Modified: 08/07/2014

PREP: 30 Min
COOK: 3 Hrs 30 Min
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	Vegetable Oil	
3	Tbsp	Cognac (Courvoisier VS)	
2	10 1/2 Oz	Cans 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	<ol style="list-style-type: none"> 1) Dutch Oven & Lid 2) Gravy Separator 3) Fine Wire Strainer 4) Small Saucepan
PREP	<p>DISH</p> <ol style="list-style-type: none"> 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..
1	Pat the Ribs dry with paper towels and season liberally with Salt and Pepper on all sides (See Picture).
2	Heat 2 tablespoons of Butter and the Vegetable Oil in a Dutch oven over medium high heat. Brown the Ribs on all sides and set them aside. Add in the Garlic and stir until softened and fragrant.
3	Add the Beef Stock and Cognac into the Ribs released juices and Fond in the Dutch oven and bring it to a simmer while stirring and scraping. Add the Ribs back in, bone side down (in a single layer if possible). Cover and place in the oven - braise until the Meat shrinks and begins to fall off the bone, about 3 hours.

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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
4	Remove the Dutch oven from the oven and transfer the Ribs to a platter and tent them with aluminum foil to keep them warm for 30 minutes.
5	Meanwhile, strain the Braising Liquid through a fine wire strainer into a small saucepan over medium high heat, bring it to a boil and lower the heat to a simmer. Simmer the liquid (skimming off the fat as necessary) until it thickens, about 20 minutes. Remove from the heat, whisk in the remaining 1 tablespoon of Butter. Taste for seasoning and adjust.
6	On each individual heated dinner plate, add a bed of thickened Braising Liquid, place 1/4 of the Ribs on top of the sauce and drizzle a bit more of the Braising Liquid over the top of the Ribs.
SERVE	Serve while hot with side dishes of your choice.