



Braised Short Ribs

Short ribs may seem daunting to cook, but they're actually quite simple – they just require the use of slow cooking methods, such as sous-vide, braising, or stewing. This recipe is inspired by a recipe in Marcus Samuelsson's *The Red Rooster Cookbook*.

INGREDIENTS

4 pounds of English Cut, Bone in Short Ribs
Kosher Salt
Cracked Black Pepper
3 Tbsp Canola Oil
1 medium Onion, diced
1 medium Carrot, peeled and diced
2 Celery Stalks, diced
1 stalk Lemongrass, trimmed, smashed, and cut
3 Garlic Cloves, smashed with the side of a knife
1 inch of fresh Ginger, peeled and sliced
½ cup dry Red Wine
3 cups Chicken Broth, low sodium
½ cup Hoisin Sauce
¼ cup Dark Soy Sauce
2 sprigs Thyme
1 sprig Rosemary
2 Bay Leaves

PREPARATION

- 2 hours before cooking, remove the short ribs from the refrigerator and season generously with salt and pepper. Allow to rest at room temperature for two hours.
- Preheat the oven to 350°F. Heat a large, heavy pot over medium-high heat, add the oil. Cook the short ribs on each side, about 3 minutes per side, or until they form a beautiful brown crust. Place the short ribs on a plate.
- Remove all but 2 tablespoons of fat from the pot and lower the heat to medium. Add onion, carrot, celery, lemongrass, garlic, and ginger. Cook, stirring often, for 5 minutes or until the vegetables begin to soften and become fragrant. Add the wine, scraping the bottom of the pot to dislodge the brown, meaty bits, and reduce by half. Add the broth, hoisin, soy sauce, thyme, rosemary, and bay leaves. Bring to a simmer.
- Add the short ribs, making sure to include the drippings on the plate. Cover the pot and place in the oven. Bake for 2 hours, or until the meat begins to pull away from the bone.
- Transfer the meat to a plate. Strain the vegetables and reserve both the braising liquid and the vegetables. Return the braising liquid to the pot, simmer and skim the fat and impurities from the surface. Remove the thyme, rosemary, and bay leaves from the vegetables. Here you have two options:
 - For a heartier, richer sauce: blend the vegetables in a food processor and add 1 ½ cups of the braising liquid.
 - For a lighter, silkier sauce: discard the vegetables and slowly simmer the cooking liquid in a smaller pot by half or until it begins to thicken. Stir in 2 tablespoons butter.
- Return the sauce and short ribs to the original pot and rotate the meat to coat. Bring to a simmer and cook for 5 minutes to reheat the meat. Serve over creamy polenta, dividing the sauce between each serving, or serve family style.

OPTIONAL GARNISH

½ cup roughly chopped Flat Leaf Parsley

1 Garlic Clove, minced

2 Lemons, zested

Kosher Salt

Cracked Black Pepper

Combine in a bowl and sprinkle over the finished dish.

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