

GRASS ROOTS BEEF

NATURALLY RAISED.... PASTURE FED...GRASS FINISHED

Braised Short Ribs

This recipe is easy and the short ribs are awesome. The recipe comes from great friends of ours, Peggy and Neil King. (If you are interested in great recipes for cooking while on a boat, check out their cookbook – Salty Savouries at www.earlyoutventures.com). Their recipes coupled with our flavourful meat make an amazing combo! Serve the ribs with risotto or garlic mashed potatoes and use the gravy!

Ingredients:

4 tbsp olive oil
4 Grass Roots Beef short ribs on the bone
2 stalks celery, coarsely chopped
1 carrot, coarsely chopped
1 lg onion coarsely chopped
½ cup tomato paste
5 sprigs fresh thyme
1 bay leaf
1 head garlic, cloves separated
3 cups beef broth
2 cups dry red wine
1/3 cup red wine vinegar
salt and freshly ground pepper

Preheat the oven to 325F. Season the ribs with salt and pepper on all sides. Heat 2 Tbsp of olive oil in a large heavy skillet. Add the short ribs and brown over moderately high heat, about 6 minutes. Transfer the ribs to a plate.

Using the same skillet, add the celery, carrot and onion and cook over moderate heat until softened, about 7 minutes. Add the tomato paste and cook, stirring until glossy, about 2 minutes. Deglaze the pan with ½ cup of the wine. Add the thyme sprigs, bay leaf and garlic and cook, stirring for 2 minutes. Add the stock, remaining wine and vinegar and bring to a boil.

Transfer the stock and ribs to a roasting pan or large casserole dish, cover and braise at 325F for 1 hour. Reduce heat to 225F and cook 4 more hours or until meat is tender. Remove ribs and strain liquid. To serve, skim any fat off the liquid and use like gravy.

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