



Red Wine Braised Short Ribs

From the Sensenig's Cookbook

Ingredients:	Instructions:
<ul style="list-style-type: none">• 5 pounds bone-in beef short ribs, cut crosswise into 2-inch pieces• Kosher salt and freshly ground black pepper• 3 tablespoons vegetable oil• 3 medium onions, chopped• 3 medium carrots, peeled, chopped• 2 celery stalks, chopped• 3 tablespoons all-purpose flour• 1 tablespoon tomato paste• 1750 ml bottle dry red wine (preferably Cabernet Sauvignon)• 10 sprigs flat-leaf parsley• 8 sprigs thyme• 4 sprigs oregano• 2 sprigs rosemary• 2 fresh or dried bay leaves• 1 head of garlic, halved crosswise• 4 cups low-salt beef stock	<p>Step 1 Preheat oven to 350°. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate. Pour off all but 3 Tbsp. drippings from pot.</p> <p>Step 2 Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.</p> <p>Step 3 Cook until short ribs are tender, 2–2½ hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper. Serve in shallow bowls over cheesy polenta with sauce spooned over.</p>
<p>Notes: Best to make the day before and refrigerate overnight, then you can discard the fat.</p>	

Source:
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