

## Red Wine Braised Short Ribs



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Serves 4

Prep time: 40min

Cook time: 2h

Total time: 2h 40min

Difficulty: Basic

Category: Meat

Beef short ribs are an inexpensive piece of meat but they can be transformed into the ultimate comfort food. The secret is cooking them slowly on a low heat for at least 2 hours. Serve with creamy polenta or mashed potatoes and a glass of nice Cabernet. For a little bit of freshness, add a spoonful of lemon-herb gremolata.

### For the Braised short ribs:

#### Ingredients

3 tablespoons olive oil  
4 bone-in beef short ribs (2 pounds)  
1 onion, finely chopped  
1 large carrot, finely chopped  
2 garlic cloves, minced  
2 tablespoons tomato paste  
1 tablespoon flour  
500ml dry red wine  
500ml veal or chicken stock  
3 springs thyme  
1 bay leaf  
some salt  
freshly ground black pepper

#### Directions

Season the ribs with salt and pepper. In a large, heavy pot heat 1 tablespoon of olive oil. Add ribs to the pot and cook over moderately high heat, turning, until they are well browned, about 15 minutes. Remove the ribs from the pot.

Heat the remaining oil in the pot. Add the onion, carrot and garlic, cover and cook over moderate heat until slightly softened, about 5 minutes. Uncover and cook until the vegetables are lightly browned, about 3 minutes longer. Stir in the tomato paste. Add the flour and cook for 1 minute, stirring constantly. Add the wine and veal stock, throw in thyme springs and bay leaf and bring to a simmer.

Return the ribs to the pot. Partially cover and cook over moderately low heat until very tender, about 2 hours.

Transfer the ribs to a plate, strain the sauce and skim off the fat. Return the sauce to the pot and boil until reduced to about 500 ml, about 10 minutes. Return the meat to the sauce and simmer over low heat until heated through. Serve with creamy polenta or mashed potatoes and lemon-herb gremolata.

### For the Lemon-herb gremolata:

## **Ingredients**

2 tablespoons lemon zest  
1 tablespoon chopped parsley leaves  
1 tablespoon chopped basil leaves  
1 garlic clove, minced  
pinch of salt  
freshly ground pepper

## **Directions**

For the gremolata, mix together lemon zest, parsley, basil and minced garlic. Season to taste with salt and pepper and serve alongside braised short ribs.