

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

How to make wine-braised short ribs

Sometimes you want a fancy meal, and sometimes you just want comfort food. The good news is, this recipe fits the bill in both cases. Red-wine-braised short ribs are rich and decadent, but they're also rustic and hearty. Serve with homemade mashed potatoes and your favorite green veggie for a mouthwatering meal that will appease any and all hunger pangs.

A few tips

Our own Chefs Michael Ollier and Ashley Pado Brennehan recently prepared this dish at an Acme Fresh Market cooking class and offered a few invaluable tips that will help you create the best short ribs for that special occasion.

Tip No. 1: Sear beef before braising

Add short ribs to a hot pan. If you don't hear a sizzle, it's not hot enough. Sear all four sides of the beef, allowing cook time on the same side until meat easily releases from the pan. A successful sear results in beef that is a deep, golden-brown color.

Tip No. 2: Don't crowd the beef

When searing beef, be sure to allow ample space around each piece in the pan. If you crowd the meat it will steam, not sear — and the beef will never achieve that rich, caramelized crust.

Tip No. 3: Use a slow cooker if you need more time

In recipe Step 4, you are to place the pot and ingredients in the oven to braise for 5-6 hours. If you prefer to use a slow cooker, now is the time. After the vegetable/wine sauce has thickened, place all ingredients in your slow cooker and allow to braise on high for 5-6 hours or until short ribs fall apart when pressed with a fork.

Classic Red-wine-braised Short Ribs

Ingredients:

- 3 lb. CAB® boneless chuck short ribs, cut in 4-oz. chunks (2 in. x 3 in. each)
- 2 tsp. coarse kosher salt
- 2 tsp. fresh cracked black pepper
- 2 Tbs. canola oil
- 1 large onion, chopped
- 1 celery stalk, chopped
- 1 carrot, peeled and chopped
- 1 Tbs. minced fresh rosemary
- 1 Tbs. fresh thyme
- 5 bay leaves
- 1 (6-oz.) can tomato paste
- 1 cup red wine
- 1½ cups beef broth

Instructions:

1. Preheat oven to 250° F.
2. Season beef with salt and pepper. Heat oil in large Dutch oven over medium-high heat. In two batches, sear on two sides until well-browned (1-2 minutes per side); remove from pan.
3. Add onion, carrot and celery; sear over medium heat for 2 minutes, stirring occasionally. Stir in tomato paste and herbs followed by red wine. Allow to boil and thicken, stir in beef broth; add short ribs and close lid.
4. Place in oven and cook for 5-6 hours until short ribs fall apart when pressed with a fork. Skim excess fat and serve.
5. Hot tip for extra flavor: Make a day ahead. Transfer short-rib pieces to a casserole pan. Discard bay leaves and any excess fat from top of braising liquid, puree vegetables with sauce and pass through a screen. Pour half of sauce over short ribs, cover with foil and refrigerate. On the day of serving, place covered casserole pan in 250° oven and bake 30-45 minutes. In a small saucepan, heat remaining sauce (thinning with water as necessary) and serve with short ribs.

