RED WINE BRAISED SHORT RIBS

Prep time: 25 mins | Cook time: 3-4 hours | Serves 5-6

INGREDIENTS:

- Approx 3 lbs bone-in **Beef Short Ribs** *(cut in between the bones)*
- Extra virgin olive oil
- Salt, pepper and garlic powder, to taste
- 1½–2 cups chopped celery
- 1½–2 cups chopped carrots
- 1 yellow onion, diced
- 6 fresh garlic cloves, minced or chopped fine
- 2 tbsp tomato paste
- 1 bottle (750 mL) dry red wine, *preferably Cabernet Sauvignon*
- 4 cups beef broth
- 4–5 sprigs fresh thyme
- 3 sprigs fresh rosemary
- 1 dried bay leaf
- Fresh chopped parsley, for garnish



INSTRUCTIONS:

1. Preheat your oven to 325°F. Pat the short ribs dry with paper towels. Lightly coat with olive oil and season generously with salt, pepper and garlic powder.
2. Sear the beef - Heat olive oil in a large Dutch oven or cast iron pan over medium-high heat. Working in batches, sear the short ribs on all sides until beautifully browned, approximately 2–3 minutes per side. Remove and set aside.
3. Heat more olive oil in a large dutch oven. Add the chopped celery, carrots and onion. Sauté for 5–7 minutes until the vegetables begin to soften. Add the minced garlic and cook for another minute.
4. Stir in the tomato paste and cook for 2 minutes, allowing it to deepen in colour and flavour.
5. Add the red wine. Pour in the entire bottle of red wine, scraping the bottom of the pot to release all those delicious browned bits. Bring to a simmer and allow the wine to reduce by approximately half, about 15–20 minutes.
6. Add broth and herbs. Return the seared short ribs and any accumulated juices to the pot. Add enough beef broth to bring the liquid to cover the meat. Add the fresh thyme, rosemary and bay leaf.
6. Cover with a tight-fitting lid and transfer to the preheated oven. Braise for approximately 3-4 hours, or until the beef is fork-tender and easily pulls apart. Begin checking around 2 ½-3 hours, especially for smaller boneless ribs.

Serve over a generous helping of creamy mashed potatoes. Spoon the rich red wine sauce over everything and finish with fresh parsley if desired.

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