

BRAISED BEEF SHORT RIB

Ingredients

1 pound boneless beef short rib
1 carrot peeled and diced
2 celery ribs diced
1/2 medium onion diced
1 cup red wine
2 cups beef stock
(good quality real stock)
1 Star Anise
1 Tsp Tamarind Extract
Salt & Pepper to Taste



Method

1. Preheat oven to 325 fahrenheit
2. Heat a little canola oil in a large pot or casserole dish over medium high heat.
3. Add the beef and sear it on all sides until it is nicely browned then remove from the pot.
4. Add the vegetables, season with a pinch of salt & pepper and cook until they start to caramelize (turn brown).
5. Add the wine, bring to a simmer, turn down the heat and let the wine reduce until it is almost gone.
6. Add the short rib back to the pot, then add the beef stock until the beef is about 3/4 covered.
7. Cover the pot with foil or a tight fitting lid and place in the oven for 2 hours.
8. After 2 hours remove the pot from the oven and let it cool.
9. When cool enough to handle remove the beef from the braising liquid and put in a clean pan. If there is any fat still on the beef trim it off
10. Use a fine mesh sieve to strain the braising liquid. Discard the vegetables. Pour the strained stock into the new pot with the beef cover and

refrigerate over night.

11. Once the ribs have chilled there the fat in the stock will have solidified on the surface so it is easy to scoop out.
12. To prepare your dinner place the portions of short rib in a pot or skillet, pour in enough of the stock to half cover the ribs.
13. Cover the pan, turn on medium low heat and let it come to a simmer for 30 minutes. Uncover and baste the ribs every 10 minutes or so.
14. 10 minutes before done, add the star anise and tamarind extract and stir in.
15. While your ribs are reheating you can make your side dishes. Simple mashed potatoes for a base is a great accompaniment for short ribs.
16. In the picture we have wild mushrooms and asparagus as well. For this preparation, simply use another skillet, heat over medium, add the mushrooms and asparagus and saute with a little butter for 5 minutes.
17. Add the short ribs to the pan with the mushrooms along with 1/2 cup of the stock. Toss it all together and serve over your mashed potatoes.

*** NOTES ***

We also used some crispy shallots as a topping. You can make these a day in advance too.

1. Heat 1/2 inch deep of canola oil in a saucepan over medium heat.
2. Peel and slice a shallot as thin as possible
3. Break the shallot apart, and working in batches add the shallot to the hot oil.
4. Using a slotted spoon remove the shallot from the oil when it starts to brown.
5. Drain on a paper towel lined plate and season right away with salt and pepper.