



Beef Ribs RECIPE

Beef Short Ribs

Ingredients

3kg beef short ribs
2 tbsp vegetable oil
3 chopped onions
3 chopped carrots
2 chopped celery stalks
40g plain purpose flour
1 tbsp tomato paste

1 large glass of red wine
1 litre beef stock
1 head of garlic (cut the top off)
1 big handful of mixed herbs
1 bay leaf
salt and freshly ground black pepper

Method

Preheat the oven to 180° C. Season the ribs with salt and freshly ground black pepper. Brown the ribs in a little oil in a large oven pan over medium high heat. Sear the ribs on all sides and set to one side.

Add the onions, carrots, and celery to pot and cook them for a few minutes until the onions are soft. Deglaze the pot by scraping the bottom to release any browned bits from searing the meat. Sprinkle the flour over the vegetables and add the tomato paste. Stir it well and cook a few minutes longer, then return the short ribs and any accumulated juices to the pot. Pour in the wine and beef stock (you can add a small amount first, scrape up any remaining bits stuck to the bottom of the pot, then add the rest). Add all the herbs to pot along with the garlic. Bring it to a boil, cover, and transfer it to the oven.

Cook until the short ribs are tender, about 3 hours. Transfer the short ribs to a platter or a large serving bowl, and tent them with foil. Strain the sauce into a gravy strainer and remove the fat from surface. Place the gravy into a saucepan, bring it to a boil and keep it at a strong simmer until it's reduced by 1/3. Season to taste with salt and pepper.