

Copper Creek Ranch

Braised Short Ribs

Ingredients

4 lbs. grass-fed beef short ribs
Kosher salt and freshly ground black pepper
¼ cup olive oil
1 large onion, diced
3 cloves garlic, coarsely chopped
5 Roma tomatoes, cut into eighths
1 leek, coarsely chopped
1 cup red wine
1 ½ Tbsp. Dijon mustard
2 cups beef broth
3 sprigs fresh thyme
1 bay leaf
¼ cup freshly grated Parmesan
¼ cup chopped fresh flat-leaf parsley

Directions

Pre-heat oven to 350 degrees F.

1. Season the ribs with salt and pepper. In a large, heavy-bottomed Dutch oven or ovenproof stock pot, heat the oil over medium-high heat. In batches, add the ribs and brown on all sides (about 8-10 minutes). Remove the ribs and set aside.

2. Add the onion, leek, and garlic, cooking for 2 minutes while stirring frequently. Add the tomatoes, wine, and mustard. Bring the mixture to a boil. And scrape up the brown bits that cling to the bottom of the pan. Return the ribs to the pan. Add the beef broth, thyme, and bay leaf. Cover the pan and place in the oven for 2 ½ hours until the meat is fork-tender and falls easily from the bone.

3. Remove the ribs from the cooking liquid. Transfer the cooking liquid to a food processor and puree until smooth. Pour the sauce into a saucepan and keep warm over low heat. Remove the meat from the bones. Using 2 forks, shred the meat into small pieces, and stir the shredded meat into the sauce. Season with salt and pepper to taste.

4. Sprinkle with Parmesan and chopped parsley before serving.

Notes:

*Serving suggestion: Serve over polenta or penne.

*Red wine – Cabernet Sauvignon pairs nicely with this combination of ingredients.

*Beef Broth – Cover meaty soup bones with water and cook in slow cooker or Instant Pot. Using beef broth will add improved depth of flavor.

*Remaining sauce may be frozen and used with stew meat for an easy slow cooker meal in the future.

*Modified from Penne with Braised Short Ribs by Giada De Laurentiis.