



Rustic Kitchen

BISTRO & BAR



BRAISED BEEF SHORT RIBS

This comfort dish is truly one of my favorites! Tom Holloway, Rustic Kitchen's Executive Chef first added Braised Beef Short Ribs to our Fall/Winter menu last year. Tom's succulent take and preparation of this bistro classic became an instant hit and certainly my favorite dish on the menu!

When I've had just about all I can take of the ice, sleet and snow here in Boston, my best defense against the Winter Blues is this dish, which offers warmth, comfort and an interlude with hints of sunshine just around the corner...I hope you'll find this recipe as comforting as I do!

INGREDIENTS FOR THE SHORT RIBS

12 each single bone-in beef short ribs, 6 ounces each, trimmed of fat
(ask your friendly butcher).
Salt & Pepper t.t.
1 cup diced pancetta
1 large Spanish onion, chopped
2-3 large carrots, peeled & chopped
2-3 large stalks of celery, washed well & chopped
3 whole garlic gloves smashed
2 tablespoons whole black peppercorns
2 bay leaves, crushed
1 teaspoon dried thyme
2 teaspoons whole fennel seed
1 teaspoon cardamom
1 whole cinnamon stick
1 quart red wine
1/3 cup Dimitri's special cocktail sauce
(can be substituted with your favorite cocktail sauce)
2 tablespoons chiffonade of Kaffir Lime leaves
(imported from Thailand & used frequently in Thai cooking as an aromatic; found in "International Foods" aisle at your local market)
1 quart veal stock
(If you don't make your own stock, I suggest using "More Than Gourmet" Glace d'Agneau Gold which is a Classic Roasted Lamb and Veal stock reduced, and reconstituted by adding water; found at WHOLE FOODS and at local gourmet and specialty food stores)
1/4 cup red wine vinegar
1/4 cup blended oil





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PREPARATION

PREHEAT oven to 350 degrees F.

Pat ribs dry and then liberally SEASON with sea salt or kosher salt, and fresh cracked black pepper.

Before cooking allow ribs to come to room temp to ensure even and consistent cooking.

In a large 7 to 9 quart Dutch oven or Le Creuset pan, coat bottom with canola or vegetable oil and bring to medium-high heat.

ADD seasoned and dried short ribs to hot pan (you want to hear a sizzle when they touch the pan), and sear ribs on all sides creating a perfect caramelized exterior to create texture and to ensure all natural juices are sealed inside. (Should take 1 -2 minutes per side)

Be sure not to blacken ribs; sear to a nice even golden color till they no longer stick to the bottom of the pan.

Transfer ribs to a sheet pan or plate to rest.

In the same pan drain just a bit of the excess oil, and then at medium-high heat

ADD diced pancetta and begin to brown rendering the fat.

Then ADD Mire Poix, onions first, then carrots and then celery and begin to sweat.

DEGLAZE pan with Red Wine and scrape up fond from bottom of pan.

Let Red wine REDUCE by 1/2.

Assemble BOUQUET GARNI including the cardamom, fennel seeds, dried thyme, cinnamon stick, whole black peppercorns and crushed Bay leaves (Bouquet Garni is the French culinary term for herbs and seasoning wrapped and tied in a sachet using cheese cloth and used to infuse flavor in the preparation of dishes using a liquid cooking method such as braising).

ADD Bouquet Garni, Kaffir Lime leaves, Dimitri's special sauce, red wine vinegar and Veal stock.

ADD seared Beef Short Ribs back to the pot.

Bring to BOIL and skim any from the top (use a special skimmer tool... skimmer is also great for gently poaching eggs, especially when making eggs Benedict).

COVER pan and continue to cook, BRAISING short ribs in pre-heated oven at 350 degrees for 2 to 3 hours...until the meat is so unctuous to the point when the meat just begins to fall off the bone!

Serve Short Ribs with Wild Mushroom Risotto or garlic mashed potatoes and ENJOY! over to med rare doneness.