CANADIAN

Maple-Bourbon Short Ribs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**3 hr**	**Braise**	**Braising ribs**

Ingredients

- 1.5 kg (3⅓ lb) beef braising ribs
- 1½ tsp salt
- ½ tsp black pepper
- 1 tbsp neutral oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 120 ml (½ cup) bourbon
- 120 ml (½ cup) pure maple syrup
- 240 ml (1 cup) beef stock
- 2 tbsp apple cider vinegar
- 1 tbsp soy sauce
- 2 sprigs thyme
- Mashed root vegetables or egg noodles, to serve

Steps

1. Heat the oven to 150°C (300°F). Season the ribs with salt and pepper, and leave them for 30 minutes (or overnight in the fridge) before searing.
2. Heat the oil in a Dutch oven over medium-high heat and sear the ribs for 3 to 4 minutes per side, until dark brown. Set aside.
3. Lower the heat to medium. Cook the onion for 5 minutes, until soft, then add the garlic and mustard for 1 minute.
4. Carefully add the bourbon off the heat, then return to the heat and simmer for 3 minutes, scraping the bottom, until the sharp alcohol smell fades. Never pour bourbon straight from the bottle near a flame.
5. Stir in the maple syrup, stock, vinegar, soy sauce and thyme. Return the ribs, bone-side up, so the liquid reaches about halfway up.
6. Cover and braise in the oven for 2 hours 30 minutes, turning once, until the meat is tender and pulling from the bone.
7. Lift out the ribs. Skim the fat from the sauce, then simmer on the stove for 10 minutes over medium-high heat until it is syrupy and coats a spoon.
8. Return the ribs to the sauce, turn to glaze, and serve.

Notes

- **Maple:** use real maple syrup; amber or dark gives the best flavour.
- **Make ahead:** chill the ribs in their sauce overnight and lift off the fat before reheating. Fridge 3 to 4 days; freezes 3 months; reheat to steaming hot.
- **Other cuts:** pork ribs or beef chuck work well with the glaze.
- **Slow cooker:** do steps 2 to 4 on the stove, then cook on low 8 hr or high 4 to 5 hr. Reduce the sauce on the stove as in step 7.

- **Chef's touch:** whisk 1 tbsp cold butter into the finished sauce off the heat for gloss.
- **Pair with:** a crunchy apple and cabbage slaw to cut the sweet, rich glaze.