AMERICAN (PENNSYLVANIA DUTCH)

Pennsylvania Dutch Short Ribs with Root Vegetables

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

Ingredients

- 1.6 kg (3½ lb) bone-in beef braising ribs
- 1½ tsp salt
- ½ tsp black pepper
- 2 tbsp all-purpose flour
- 2 tbsp lard or vegetable oil
- 2 onions, cut into wedges
- 2 tbsp cider vinegar
- 1 tbsp brown sugar
- 500 ml (2 cups) beef stock
- 1 bay leaf
- 3 carrots, in chunks
- 2 parsnips, in chunks
- ½ small rutabaga, in chunks
- 2 tbsp chopped fresh parsley

Steps

1. Heat the oven to 160°C (325°F). Season the ribs with salt and pepper and dust with the flour.
2. Heat the lard in a Dutch oven over medium-high heat. Brown the ribs in batches, 3 minutes per side, until deep brown. Set aside.
3. Pour off all but 1 tbsp fat. Cook the onions over medium heat for 5 minutes.
4. Add the vinegar, sugar, stock and bay leaf, scraping up the browned bits. Return the ribs bone side up.
5. Cover and braise in the oven for 2 hours.
6. Tuck the carrots, parsnips and rutabaga around the ribs, cover and cook 1 hour more, until the meat pulls from the bone and the vegetables are tender.
7. Skim the fat from the juices, season to taste, and scatter with parsley.

Notes

- **Sweet-sour:** the dash of vinegar and sugar is a Pennsylvania Dutch signature; adjust to taste at the end.
- **Root cellar swaps:** turnip, celeriac or potatoes all work in place of the rutabaga.
- **Make ahead:** chill overnight so the fat sets on top and lifts off easily.
- **Slow cooker:** brown the ribs and onions, then cook on low 8 hr or high 4 to 5 hr with 250 ml (1 cup) stock and the vegetables on the bottom. Simmer the juices to reduce.
- **Freezer:** freezes 3 months in its sauce; thaw overnight in the fridge and reheat to steaming hot.
- **Pair with:** buttered egg noodles and a tangy coleslaw.