ITALIAN

Short Rib Ragù

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**6**	**30 min**	**3 hr**	**Braise**	**Braising ribs**

Ingredients

- 1.2 kg (2⅔ lb) beef braising ribs
- 1½ tsp salt, plus more to taste
- 3 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 240 ml (1 cup) dry red or white wine
- 400 g (14 oz) can whole tomatoes, crushed by hand
- 250 ml (1 cup) beef stock
- 1 bay leaf
- 1 sprig rosemary
- 500 g (1 lb) pappardelle or rigatoni
- Grated Parmigiano-Reggiano, to serve

Steps

1. Season the ribs with the salt and leave for 30 minutes (or overnight in the fridge). Heat 2 tbsp oil in a heavy pot over medium-high heat and sear the ribs for 3 to 4 minutes per side, until deep brown. Set aside.
2. Lower the heat to medium. Add the remaining oil, the onion, carrot and celery, and cook for 10 minutes, stirring, until soft and lightly golden.
3. Add the garlic and tomato paste and cook for 2 minutes, until the paste darkens.
4. Pour in the wine and deglaze, scraping the bottom. Simmer for 5 minutes until nearly dry.
5. Add the tomatoes, stock, bay and rosemary, then the ribs. Bring to a bare simmer, cover with the lid ajar, and braise on low heat for 2 hours 30 minutes, until the meat falls from the bones.
6. Lift out the ribs, discard the bones, fat and gristle, and shred the meat with two forks. Skim the fat from the sauce, return the meat and simmer 10 minutes until thick.
7. Cook the pasta in well-salted boiling water until al dente, reserving a cup of the water. Toss with the ragù, loosening with pasta water, and serve with cheese.

Notes

- **Make ahead:** the ragù freezes well for 3 months.
- **Shape:** wide ribbons like pappardelle hold the chunky meat best; polenta is another good bed.
- **Other cuts:** chuck or oxtail work, though braising ribs give the richest sauce.
- **Slow cooker:** do steps 1 to 4 on the stove, then cook on low 8 hr or high 4 to 5 hr. Shred, then simmer the sauce uncovered on the stove to thicken.
- **Chef's touch:** drop a Parmesan rind in with the ribs, if you have one, and fish it out before shredding; it adds savoury depth.
- **Pair with:** an arugula salad with lemon and olive oil to cut the richness.