FRENCH

Short Ribs Braised in Red Wine

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**30 min**	**3 hr**	**Braise**	**Braising ribs**

Ingredients

- 1.5 kg (3⅓ lb) beef braising ribs
- 1½ tsp salt, plus more to taste
- ½ tsp black pepper
- 2 tbsp neutral oil
- 2 onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, smashed
- 2 tbsp tomato paste
- 2 tbsp all-purpose flour
- 750 ml (3 cups) dry red wine, such as Côtes du Rhône
- 500 ml (2 cups) beef stock
- 2 bay leaves
- 4 sprigs thyme
- Chopped parsley, to serve

Steps

1. Heat the oven to 160°C (325°F). Season the ribs all over with the salt and pepper, and leave them for 30 minutes (or overnight in the fridge) before searing.
2. Heat the oil in a heavy Dutch oven over medium-high heat. Sear the ribs in batches, 3 to 4 minutes per side, until deep brown. Move to a plate.
3. Pour off all but 2 tbsp fat. Add the onions, carrots and celery and cook over medium heat for 8 minutes, until soft and golden.
4. Stir in the garlic and tomato paste for 1 minute, then the flour for 1 minute more.
5. Pour in the wine and deglaze the pot, scraping up the browned bits. Boil for 8 to 10 minutes, until reduced by about a third.
6. Add the stock, bay and thyme, then nestle the ribs in, bone-side up, so the liquid comes about two-thirds of the way up. Bring to a simmer.
7. Cover and braise in the oven for 2 hours 30 minutes, turning the ribs once, until the meat is nearly falling off the bones.
8. Move the ribs to a plate. Skim the fat from the sauce, strain it, and simmer over medium heat for 10 minutes until it coats a spoon. Return the ribs to warm through, then scatter with parsley.

Notes

- **Make ahead:** best made a day ahead; the fat sets on top and lifts off in one piece.
- **Serving:** mashed potatoes, buttered noodles or celeriac purée.
- **Wine:** use something you would drink; avoid anything oaky or sweet.
- **Slow cooker:** do steps 2 to 5 on the stove, then cook on low 8 hr or high 4 to 5 hr. Strain and reduce the sauce on the stove as in step 8.
- **Chef's touch:** whisk 1 tbsp cold butter into the strained sauce off the heat for a glossy finish.
- **Twist:** swap the parsley for gremolata (parsley, lemon zest and a little raw garlic) to cut the richness.