AMERICAN

Slow Cooker Short Ribs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**20 min**	**8 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 large onion, sliced
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 240 ml (1 cup) beef stock
- 120 ml (½ cup) dry red wine (or more stock)
- 2 tbsp Worcestershire sauce
- 1 tbsp balsamic vinegar
- 1 tbsp brown sugar
- 3 sprigs thyme
- 2 tbsp cornstarch mixed with 2 tbsp cold water (optional)
- Mashed potatoes, to serve

Steps

1. Season the ribs with salt and pepper. Heat the oil in a large skillet over medium-high heat and sear the ribs 3 minutes per side, until well browned. Do this in batches; the browning is the flavour.
2. Put the onion in the slow cooker and sit the ribs on top.
3. In the same skillet over medium heat, cook the garlic and tomato paste for 1 minute. Pour in the stock and wine and deglaze, scraping up the browned bits, for 2 minutes.
4. Stir in the Worcestershire, vinegar and sugar, then pour over the ribs. Tuck in the thyme.
5. Cover and cook on low for 8 hours (or high for 4 to 5 hours), until the meat is very tender and nearly falls off the bone.
6. Lift the ribs onto a plate and cover with foil. Skim the fat off the cooking liquid.
7. Pour the liquid into a saucepan and simmer over medium heat for 10 minutes, until slightly reduced. For a thicker gravy, whisk in the cornstarch mixture and bubble for 1 minute.
8. Serve the ribs over mashed potatoes with the gravy spooned on top.

Notes

- **Do not skip the sear:** unbrowned ribs give pale, flat-tasting gravy.
- **Make ahead:** chill the liquid so the fat solidifies and is easy to lift off. Fridge 3 to 4 days; freezes 3 months. Thaw overnight in the fridge and reheat to steaming hot.
- **Other cuts:** blade or cross rib roast in big chunks cooks the same way.
- **Chef's touch:** stir a small splash of balsamic into the finished gravy; acid brightens a long-cooked sauce.
- **Pair with:** buttered green beans or a crisp green salad with mustard dressing.