



## JERNEJ KITCHEN

# BRAISED SHORT RIBS

*Braised Short Ribs is an easy, hands-off dinner recipe. This Sunday dinner recipe will soon become your favorite as the meat is juicy, and tender.*

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
BRAISING:	4	HOURS
TOTAL TIMES:	4	HOURS 15 MINUTES

### BRAISED SHORT RIBS

2 kg (4.5 pounds) beef short ribs, bone-in, cut crosswise into 2-inch pieces

1 tsp olive oil

2 carrots

2 onions

2 celery stalks

2 tbsp olive oil, for cooking

1 tsp tomato paste

250 ml (1 cup) red wine, such as pinot noir

2 bay leaves

1 sprig fresh thyme

750 ml (3 cups) beef stock or water

2 tbsp Finely chopped flat-leaf parsley, for serving

3 garlic cloves

### TOOLS AND EQUIPEMENT

baking sheet

kitchen knife

large castiron pan or dutch

### PREPARATION

Preheat the oven to 220°C or 430°F with a rack in the center position. Grab a baking sheet.

### SHORT RIBS

Place the short ribs onto a baking sheet. Season with salt and pepper. Drizzle with olive oil and place in the oven for 15 minutes. Turn the ribs, then set the oven settings to low broil until they are golden-brown. Carefully remove from the oven and set aside.

### VEGETABLES

While the ribs are roasting in the oven, prepare the vegetables. Clean them under running water and cut them into 2-cm or 1-inch pieces. Place a large cast-iron pan or a dutch oven over medium heat. Add two tablespoons of olive oil and vegetables. Saute for 8 - 10 minutes, then add the tomato paste. Stir, and cook for another two minutes. Pour in the red wine, and add the bay leaves and thyme. Bring to a boil, then simmer for 3 - 4 minutes for the alcohol to evaporate.

### BRAISED BEEF SHORT RIBS

Add the beef stock to the vegetables, season with salt and pepper, then add the braised ribs. Cover with a lid. Reduce the oven temperature to 160 °C / 320 °F. Place the short ribs in the oven and bake for 3 1/2 - 4 hours or until the meat falls off the bone and is tender. Using a spoon, remove the fat from the liquid on top. Discard the bay leaves and thyme, sprinkle with parsley, then serve.