

## October

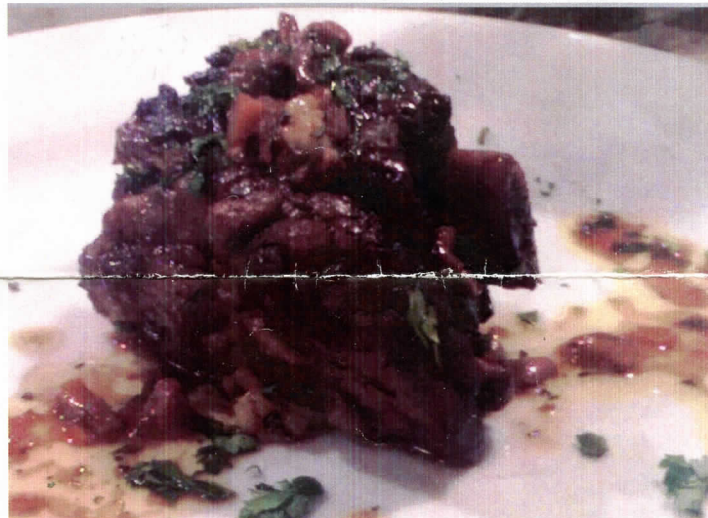
### Nancy's Braised Short Ribs

#### Why Braise?

Prime rib and tenderloin are the prized cuts, but the tastiest are those where muscle and bone meet—tastiest *if* properly **braised**. Braising is slow, but it's not crockpot cooking. The meat is first seared and then oven-simmered slowly in juices, its own and other savory liquids. The pot must be sealed and the liquid less than a third the height of the meat. This air gap allows the moisture to cycle, breaking down tough tissue and infusing flavor everywhere. It's even better if you reheat and serve the next day. Either way, the result is fall-apart delicious. I promise!

#### Ingredients

- 4 beef short ribs (about 8 oz. each)
- Sea salt and freshly cracked black pepper
- 1 small onion, peeled and finely chopped
- 2 carrots, finely chopped
- 6 cloves garlic, smashed, peeled, and roughly chopped
- Leaves from 12 sprigs fresh thyme, chopped
- Leaves of a parsley bunch, chopped
- 3 tablespoons of unsalted butter
- 3 tablespoons regular olive oil (not extra virgin)
- ½ bottle full-bodied red wine (Cabernet or Zinfandel)
- 2 cups beef or vegetable stock



#### Directions

1. Salt the ribs well on all sides. Set aside on a dish for an hour or two. Preheat oven to **400° F**.
2. Heat the olive oil in a heavy braising pot (Le Creuset, Staub), adding 2 tablespoons of the butter once the oil is hot. Add the ribs and brown on all sides (about 5 minutes). Transfer the ribs to a plate. Then add the onions, carrots, and garlic, sautéing until softened but not brown (about 5 minutes). Slowly add the wine, bringing it to a low boil. Lower heat and stir until reduced to about 1 cup (about 5 minutes). Add the thyme and a handful of the parsley.
3. Add the ribs back into the pot, along with any juices they've released. Pour the stock over the meat. Cover the pot, using parchment paper under the lid to ensure a seal.
4. Move the pot to the oven and immediately turn it down to **325° F**. Continue braising for 3 hours or until the meat easily falls off the bone. Check about midway through. If the liquid has evaporated, add a small amount of stock.
5. Transfer the ribs to a plate and cover with foil to keep warm. Simmer the liquid, skimming fat as necessary, until thickened (about 10 minutes). Remove from the heat and whisk in the remaining tablespoon of butter. Taste for seasoning and adjust as necessary, adding salt and pepper. Transfer the ribs and sauce to a serving dish and serve over risotto, mashed potatoes, or creamed barley with herbs. Garnish with the remaining parsley.

Serves: 4