

# Braised Beef Short Ribs

## Ingredients:

2 lb.	Beef short ribs, trimmed
1-cup	Onion, diced small
1/2-cup	Celery, diced small
1/2-cup	Carrot, diced small
1/2-cup	Mushrooms, sliced, (optional)
1 tsp.	Garlic, minced
1/2-tsp.	Thyme
To taste	Kosher salt
To taste	Black pepper
1/4-cup	Tomato puree or concassé
1/2-cup	Balsamic vinegar
2-3 cups	Beef stock, hot
2 oz.	Grape seed oil
As needed	Roux

## Method:

1. Season beef with salt and pepper. Sear on both sides in hot oil. Remove meat. Add mire piox and brown lightly. Add garlic and seasonings, cook 1/2 minute.
2. Add vinegar to deglaze the pan. Reduce au sec.
3. Pour mire piox into medium deep pan. Place meat on top of mire piox and pour in enough stock to come up 1/2 way on the meat.
4. Cover tightly and braise in a medium hot oven, 350°, for 1.5 hours or until tender.
5. **Optional:** To glaze the meat, uncover the pan when the meat is tender. Place meat on a rack in a shallow pan and baste with drippings. Place back in oven, basting every 5 minutes with additional drippings until a shiny glaze forms on the meat.

Sauce: Either option will provide a flavorful sauce.

6. Remove fat from pan liquid. Thicken remaining liquid with roux to form a light sauce. Adjust seasoning and serve with mire piox as garnish.

Or

6. Remove fat from pan liquid. Puree mire piox in 1/2 of liquid, adding more liquid to adjust the consistency of the sauce. Adjust the seasoning and present meat with sauce and proper accompaniments.