

Red Wine Braised Short Ribs with Sweet Potato Polenta Mash

These braised short ribs are fall off the bone delicious...

Ingredients

6-8 Beef Short Ribs, trimmed
Fresh ground Sea Salt and Black Pepper to taste
Ground Coriander, Cumin & Cayenne Pepper to taste
All-Purpose Flour
1 tablespoon Unsalted Butter + additional
1 tablespoon Extra Virgin Olive Oil + additional

Braising Liquid

2 tablespoons Extra Virgin Olive Oil
2 cups finely chopped White Onion, about 1 large Onion
½ cup finely chopped Shallots, about 4 large Shallots
4 tablespoons finely chopped Garlic, about 8 large Garlic Cloves
7 ounces Tomato Paste
750 ml bottle Dry Red Wine, Cabernet recommended
2 Bay Leaves
10 Thyme Sprigs, tied together with kitchen string
2 teaspoons Salt + additional
2 tablespoons Unsalted Butter, room temperature
2 tablespoons All-Purpose Flour
Water

Special Equipment

Large Dutch Oven or Cast Iron Pot
Sifter

Sweet Potato Polenta Mash- See Recipe

Preparation

Pat short ribs dry and generously season with salt, black pepper, coriander, cumin and cayenne pepper on all sides. Set aside and bring to room temperature.
Set oven to 325 degrees with rack on bottom.

Heat 2 tablespoons olive oil in a large dutch oven on medium-high heat. Add onions and shallots, sprinkle with a dash of salt and sauté until softened. Add garlic and sauté a few minutes longer. Add tomato paste and continue to sauté a few minutes more. Remove mixture from pot and set aside.

Dust short ribs with sifted flour on all sides. In the same pot heat 1 tablespoon unsalted butter and 1 tablespoon olive oil on medium-high heat. When oil and butter start to sizzle add ribs and brown on all sides, turning every few minutes and lowering heat if needed to prevent from burning, about 4-5 minutes total. (If you can't fit all the ribs in the pot, you may have to brown them in batches. Do not overcrowd. You can also brown ribs in a separate pot while cooking onion mixture.) Add wine, onion mixture, 2 teaspoons salt and gently stir to combine. Add bay leaves, thyme and enough water just to cover ribs. Cover with lid and place in the oven for 3 ½ hours or until ribs are very tender. Remove pot from oven. Carefully remove all ribs from the pot and cover with foil. Discard any bones, bay leaves and thyme. Skim any excess oil from the top. Mix 2 tablespoons butter and 2 tablespoons flour in small bowl. Bring remaining liquid in pot to a simmer then whisk flour mixture into sauce. Continue to simmer until sauce thickens. Add short ribs back to the liquid and simmer a few minutes longer. Serve over sweet potato polenta and garnish with finely sliced green onions.

Serves 6-8