



# Braised Short Ribs of Beef

## ü mami café

Executive Chef: Jon Pratt

### Ingredients:

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- 2-12 oz sections cut 2-3 inch widths Beef Short ribs
- 5 Star anise clusters
- 5 Garlic cloves sliced in half
- 5 Ginger root slices
- 1 cup Soy sauce
- 2 cups Dry Red Wine (Cabernet, Chianti)
- 5 cups Stock (veal, duck, turkey, or Chicken)
- 1 Carrot chopped
- 1 cup Leek whites
- 1 medium Onion chopped
- 1 oz. Fresh Thyme
- Olive oil
- 1 tablespoon Sweet Soy (pssst..Secret, don't tell anyone!)
- Parsley oil (see below)

### Preparation:

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- Marinate Short ribs in first 5 ingredients over night
- Remove short ribs and reserve liquid.
- Salt and pepper shortribs.
- Heat Braising pan or deep sauce pan with 3 tablespoons olive oil.
- Add short ribs and brown nicely on both sides. Remove and reserve.
- Add vegetables to braising pan and toss to coat and saute to brown.
- Add back the short ribs, wine and marinade. Bring to simmer, cover with lid or circle of parchment paper.
- Place in 350 degree oven and cook until meat is just about to fall from the bone if prodded.
- Parsley oil

Wash, ring dry in paper towels, and pick stems off to make 2 cups packed curly parsley. Process in food processor with 3 tablespoons olive oil 1 minute. Add 2 minced shallots and 1 large minced clove garlic and process until well incorporated. With Processor running, stream in an additional 2 cups of olive oil. Add 1 teaspoon salt and 1/4 teaspoon white pepper and pulse for 10 seconds Pour all into storage container and keep cold for use. Keeps for 1 week in fridge or can be frozen.

## Braised Short Ribs of Beef...continued

### Serving:

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- Remove brazier. Remove paper, adjust salt and pepper. Ladle sauce from brazier and pour around meat. Serve with roasted vegetables and your favorite potatoes or risotto.

- You can also braise today and serve tomorrow. To do this, finish recipe, let beef cool in liquid, Reheat by placing shortribs in casserole with a cup or so of braising liquid and heating in 400 degree oven until heated through. Heat remaining braising liquid on stove and serve as you would otherwise.

### Serves:

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This recipe will serve dinner for 4 normal people or 2 very hungry meat eaters!