

Red Wine Braised Short Ribs Recipe

Ingredients

- small bundle of fresh Italian parsley
- 4 sprigs fresh rosemary
- 4 sprigs fresh oregano
- 4 pounds bone-in beef short ribs (approximately 4 inches long)
- 1 tablespoon coarse salt
- 2 teaspoons freshly ground black pepper
- 2 tablespoons avocado oil
- 2 medium yellow onions, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 rounded tablespoons all-purpose flour
- 1 rounded tablespoon tomato paste
- 2 cups dry red wine
- 2 cups beef stock
- 1 head garlic, top sliced off

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Directions

- Preheat the oven to 350 degrees Fahrenheit.
- Tie the parsley, rosemary, and oregano together in a bundle with butcher's twine.
- Sprinkle the short ribs with salt and pepper, coating all sides.
- Heat the avocado oil in a braising pan or large Dutch oven over medium-high heat. Once it's hot and the oil shimmers, add the short ribs to the pan. You may need to work in 2 batches so you don't overcrowd the pan.

- Brown the short ribs evenly on all sides (about 2 minutes per side). Remove the ribs to a plate and set aside.□
- Add the onion, carrots, and celery to the pan and cook for about 6 minutes, or until onions begin to brown, stirring occasionally.□
- Add the flour and tomato paste to the pan and allow it to cook for about 3 minutes, stirring and scraping the bottom constantly.□
- Add the wine, scraping the bottom well.□
- Add the short ribs and juices from the plate back to the pan. Raise the heat to high and bring to a boil.□
- Add the beef broth, bringing back to a boil. Allow the liquid to reduce over medium-high heat for 10 minutes.□
- Add the herb bundle and head of garlic. Cover with the lid and place on the middle rack of the preheated oven.□
- Braise for 2 hours or until the meat is tender and easily falls off the bone.□
- Remove the herbs and garlic. Remove the short ribs to a serving dish. Skim the fat off the surface of the liquid with a large spoon and discard.□
- Serve the short ribs with the pan sauce and vegetables.