

Wine-Braised Short Ribs | bites out of life

Recipe from [Food & Love](#)

- 1 bottle dry red wine (we used Cabernet Sauvignon)
- 2 tablespoons olive oil
- 2 large flanken-style short ribs, trimmed of excess fat
- 5 cloves garlic, peeled and halved
- 3 shallots, quartered
- 1-1/2 large carrots, peeled and chopped roughly into large pieces
- 1 stalk celery, chopped roughly into large pieces
- 1 large bay leaf
- 3 sprigs fresh thyme
- 1/4 cup Italian parsley, chopped
- 2 cups beef stock
- salt and pepper, to taste

- 1) Preheat the oven to 325°F. Place the wine in a large saucepan on high heat, until it comes to a boil. Reduce the wine by half.
- 2) In a large dutch oven, heat the oil on medium-high heat. Season one side of the short ribs with salt and pepper. Place them seasoned-side down in the hot oil and allow them to sear well, 4-5 minutes. While they are searing, season the other side (the side facing up) with salt and pepper. Flip. Make sure to sear all four sides as evenly as possible. Reserve the ribs when finished.
- 3) Remove all but one tablespoon of fat. Lower the heat to medium and add the garlic, shallots, carrots and celery. Saute for 2 minutes and then add the bay leaf, thyme and parsley. Saute for an additional 5 minutes, until the vegetables are nicely browned.
- 4) Nestle the short ribs back in the pot among the vegetables. Add the reduced wine and the stock, until the ribs are covered by just more than half. Bring the mixture to a boil. Once boiling, cover the pot and move to the oven.
- 5) Braise for 2-1/2 to 3 hours, until the ribs are fork-tender. When they are done, remove them from the oven and skim off the fat that has risen to the top.
- 6) Transfer the ribs to a plate and cover with a tinfoil tent. Leave the bones in the broth. Bring the liquid to a boil and let it reduce to 1-1/2 cups. Adjust the seasonings.
- 7) Serve the meat with the sauce poured over it.

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