

Classic Braised Beef Short Ribs

6 bone-in short ribs
½ teaspoon salt
½ teaspoon black pepper
3 tablespoons extra virgin olive oil
½ onion, diced
1 carrot cut into 1 in pieces
1 teaspoon tomato paste
3 cloves garlic, crushed
1 cup beef broth
2 tablespoons Worcestershire sauce
1 sprig fresh rosemary
red wine to deglaze

Preheat oven to 350 degrees.

Season all sides of the short ribs with salt and pepper.

Heat a heavy pot over high heat (I use Le Creuset). Add olive oil and heat briefly.

Sear short ribs about 1 min per side. Remove from pot and set aside.

Deglaze with a little red wine.

Add in onion and sauté 2 to 3 min. Add in garlic and sauté 1 min more.

Pour in beef broth, add tomato paste and Worcestershire sauce. Bring to a simmer.

Add in meat. Place rosemary sprig on top.

Cover and transfer to preheated oven for about 2.5 hours until meat is tender.

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