

Braised Short Rib of Beef in Red Wine Sauce

Serves 4

Cuisine: British

Preparation Time: 20 Minutes
Cooking Time: 4 Hours approx

Ingredients:

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| 1kg | Cut short beef ribs |
| 150ml | Olive oil |
| 50g | Butter |
| 1 | Garlic bulb, halved |
| Half bunch | Thyme |
| Half a head | Celery, cut into 2-inch pieces |
| 1 litre | Red wine |
| 2 litres | Chicken stock |
| 2 tsp | Coarse sea salt |
| 2 tsp | Crushed black pepper |
| 6 | Carrots thickly sliced |
| 100g | Smoked bacon |
| 5 | Large onions, quartered |
| 5 | Shallots, peeled and quartered |
| 400ml | Port |
| 1 bunch | Flat-leaf parsley |

Method:

1. Season the beef with half the salt and pepper. Heat the oil in a casserole pan on a medium to high heat and sear the ribs one by one on all sides until dark golden brown (about 5 minutes each side). Once coloured, remove from the pan and place on a tray.
2. Turn the heat down to medium and add the butter. Once melted, add the carrots, garlic, bacon, thyme and remaining seasoning. Cook the carrots slowly till caramelised (about 8-10 minutes) then add the onions, celery and shallots. Cook on a medium heat until evenly coloured, 8-12 minutes. Add the wine and port and reduce by half, then add the stock.
3. Add the beef and bring to a simmer. Cook for 2½-3 hours until tender, skimming off any scum regularly.
4. Remove the ribs and reduce the liquor by half. Pass this through a colander, pressing all the vegetables to obtain maximum flavour, and then through a fine sieve.

To Serve:

Serve with the beef scattered with parsley. Lovely with a soft mash.