

Cabernet Sauvignon Braised Short Ribs



Ingredients:

5 lbs. bone-in beef short ribs
Salt and black pepper
1-2T olive oil
3 medium onions - chopped
3 medium carrots - peeled and chopped
3T flour
2T tomato paste
1 bottle Cabernet Sauvignon
1 T Better than Bouillon beef base
4 cups low sodium beef broth
1 head of garlic - halved crosswise
Mashed Potatoes

Bouquet Garni:

10 sprigs flat-leaf parsley
8 sprigs thyme
4 sprigs oregano
2 sprigs rosemary
2 dried bay leaves



Preparation:

Season short ribs with salt and pepper. Heat oil in a large fry pan over medium-high heat and brown short ribs on all sides in a couple of batches. Transfer the short ribs to a crock pot. Leave about 2 T of the fat drippings in the pan. Add onions and carrots to the pan and cook over medium heat, stirring often, until softened, about 7 minutes. Add flour and tomato paste to the pan, incorporating into the vegetables. Cook, stirring constantly until well combined and deep red, about 3 minutes. Stir in Cabernet (yes - a whole bottle!), followed by the beef bouillon and broth. Bring to a boil and then pour over top of ribs in the crock pot. Prepare a bouquet garni with the parsley, thyme, oregano, rosemary and bay leaves. Add the garlic halves along with the herbs to the crock pot, laying on top of the liquid surface.

Cook until short ribs are tender, usually 8 hours in your crock pot. Spoon fat from surface of sauce and discard. Season sauce to taste with salt and pepper. Serve short ribs and sauce in shallow bowls over mashed potatoes. Serves 4-6.