

Little Veron's Recipe

Cabernet Braised Short Ribs

All-purpose flour

Salt & pepper

5 pounds beef short ribs

4 tablespoons canola oil

5 medium carrots – peeled and cut into 1” rounds

2 medium yellow onions – peeled and quartered

3 celery stalks – cut into 1” pieces

5 garlic cloves – peeled and chopped

1 teaspoon fresh thyme leaves

1 teaspoon fresh rosemary – chopped

1 1/2 cups St. Supéry Cabernet Sauvignon

3 cups beef, veal or chicken stock or low sodium broth

Directions:

- Preheat oven to 325 degrees.
- Dredge the ribs in flour and season liberally with salt & pepper.
- Heat the oil over high heat in a large dutch oven or ovenproof pot.
- Brown the ribs in batches without crowding.
- Pour off all but about 3 tablespoons of the remaining oil and cook the carrots, onions, celery and garlic until lightly browned – about 5 minutes.
- Add the wine to de-glaze the pot then add the stock, thyme and rosemary.
- Bring the liquid to a simmer and return the ribs to the pot.
- Cover the pot with a lid cut from parchment paper and braise the ribs in the oven for about 2 hours.
- The ribs are done when they are easily pulled from the bone.
- Transfer the ribs to a platter and keep warm.
- Strain the braising liquid and discard the solids.
- Bring the sauce to a simmer and skim occasionally while it reduces by about one fourth.
- Adjust the seasonings and serve with the braising sauce.
- Steamed potatoes, risotto, or polenta makes a nice addition.

Serves 6 – 8

**Source, Supéry Website: <http://www.stsupery.com/>*