

# KITCHEN AFFAIRS

*for the serious cook*

WOODLAND CENTER  
4610 VOGEL ROAD  
EVANSVILLE, IN 47715  
(812) 474-1131

## BRAISED SHORT RIBS (Serves 4 to 6)

6 to 8 beef short ribs, on the bone  
2 TableSpoons olive oil  
1/2 sweet onion, chopped  
1 cup dry red wine  
1 can diced tomatoes  
2 to 4 cups rich beef broth  
1 to 2 cloves fresh garlic, whole  
Salt and freshly ground black pepper, to taste  
Cornstarch, to make a slurry  
2 TableSpoons freshly chopped parsley, to garnish

Preheat an oven to 325°F.

Season the ribs with salt and fresh pepper, all over.

In a heavy Dutch oven (I like the low ovens from Le Creuset), heat the empty pan over medium heat, and when hot add the olive oil. When the oil is hot, add the short ribs and brown them on all sides. Don't crowd the pan when doing this. Get them very brown on all sides.

Remove the ribs from the pan when done and add the onion to the pan. Cook the onion in the oil and drippings until just translucent, then deglaze the pan with the red wine. Reduce the wine to 1/4 cup, then add the diced tomatoes with their liquid to the pan.

Return the ribs to the pan and add the garlic. Add enough beef broth to nearly cover the ribs with liquid. Move the pan to the oven, covered, and bake for at least 2 to as much as 4 or 5 hours. Spoon off as much of the floating grease and fat as you can. You might have to do this several times.

When the ribs are done, you will be able to just pull the bones right out of the ribs with your fingers or tongs. Turn the ribs over so the tops, which may be a little dry, become moistened and juicy again. Uncover and continue to cook for 30 to 45 minutes to thicken the sauce.

Remove the pan from the oven and if the sauce isn't thick enough, it may be thickened on the stove over medium heat, by adding a cornstarch slurry (cornstarch blended with water, no lumps!). The sauce is right when it coats the back of a spoon and nicely glazes the ribs. Taste the sauce and add more seasoning if necessary.

I like to serve these over mashed potatoes or egg noodles. Garnish with a little freshly chopped parsley, if desired.