



WHEELER FARMS

EST. 1880



# BRAISED BEEF SHORT-RIBS

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SERVES 6

## INGREDIENTS

5-6 beef short ribs, 10-14 ounces each	2 cups dry red wine
1 tsp each salt and pepper	2 cups beef stock or vegetable stock
2 TBSP olive oil	2 springs of thyme
3 garlic cloves, crushed	2 bay leaves
1 large onion, chopped	
2 celery stalks, chopped	
2 carrots, peeled and chopped	
2 TBSP tomato paste	

## PREPARATION

Preheat oven to 325° Fahrenheit.

Sprinkle beef all over with salt and pepper. Heat oil in a large oven proof pot over high heat. Add half of the ribs and brown aggressively on all sides (5-7 minutes). Remove and repeat with the remaining ribs, then remove.

Turn heat down to medium. Add the onion and garlic and sauté for two minutes. Add carrots and celery and cook for 5 minutes until they start to soften. Add tomato paste and cook for another minute. Add wine, stock, thyme and bay leaves and stir until the tomato paste has dissolved. Return the short ribs to the pot and arrange so that they are all submerged.

Cover with a lid and transfer to the oven for 3 hours or until the meat starts to pull away from the bones.

Remove beef from its cooking liquid and strain out the vegetables. Reduce liquid down to ½ cup and serve over the top of the beef.

Serve with your choice of potatoes, polenta or egg noodles.

