



Prime Braised Short Ribs

Chef-styled oven short ribs.

- 3 lbs bone-in short ribs
- 2 Tbsp avocado oil (or other high-smoke-point oil), plus more as needed
- Kosher salt
- Freshly ground black pepper
- 1–2 Tbsp all-purpose flour (*optional, for light dusting*)
- 1 large onion, chopped
- 1 medium parsnip, chopped
- 3 medium carrots, chopped
- 3 Tbsp tomato paste
- 3 cloves garlic, minced
- 2 cups Merlot (or other dry red wine)
- 1 cup vegetable or beef broth, plus more as needed
- 3 sprigs fresh thyme
- 1 bay leaf (*optional*)

3 sprigs cilantro or parsley (*for the braise – optional; or reserve fresh herbs only for garnish*)

For the Beef Sauce

4 Tbsp soft unsalted butter

4 Tbsp all-purpose flour

Additional broth as needed

Salt and ground white or black pepper, to taste

Optional Mushroom Addition

1 (3.5 oz) container shiitake or other mushrooms, sliced or quartered

1 Tbsp butter or avocado oil

Pinch of salt

To Serve

Creamy polenta or mashed potatoes

Fresh basil, parsley, or thyme for garnish

Directions:

- Arrange a rack in the lower third of the oven and preheat to 325°F (165°C).
- Pat the short ribs dry. Brush or drizzle with oil, then season generously with salt and pepper on all sides.

(Optional: Lightly dust the ribs with 1–2 Tbsp flour for slightly better browning and a bit more body in the sauce.)

Brown the Ribs

- Heat 2 Tbsp oil in a deep, wide Dutch oven over medium heat until shimmering.
- Working in batches to avoid crowding, sear the short ribs on all sides until golden browned, about 2–3 minutes per side. Use tongs to turn them. (Turn on your vent fan or sear outdoors if needed to manage smoke.)
- Transfer the seared ribs to a plate. Repeat with remaining ribs, adding a little more oil if necessary.

Build the Braise

- Pour off all but about 1 Tbsp of fat from the pot. Add the chopped onion and cook over medium heat until softened and lightly golden, about 5 minutes.
- Add the parsnip and carrots; cook another 5–7 minutes until the vegetables begin to brown lightly.
- Stir in the tomato paste and garlic; cook 1 minute until fragrant.
- Pour in the Merlot and broth, scraping up any browned bits from the bottom of the pot. Bring to a simmer.
- Return the seared short ribs to the pot, nestling them into the liquid and vegetables. Add the thyme sprigs and bay leaf (if using). The liquid should come

roughly halfway to three-quarters up the sides of the meat; add a splash more broth if needed.

Braise the Meat

- Cover the pot and transfer to the preheated oven.
- Braise for 2½ to 3½ hours, checking every 45–60 minutes and spooning sauce over the top of the meat to keep it moist.
- The ribs are done when the meat is very tender and pulls easily away from the bone.
- Remove the pot from the oven. Transfer the short ribs to a plate. Strain the braising liquid into a container, reserving the vegetables separately if desired.
- Cool, then refrigerate the meat, vegetables, and strained liquid separately (or together) until the fat solidifies on the surface of the liquid. This step can be done a day ahead.

Make the Beef Sauce

- Remove and discard the solidified fat from the chilled braising liquid.
- Place the defatted liquid in a medium saucepan and add about 1 cup additional broth. Bring to a gentle simmer and skim any impurities.
- Meanwhile, make the *beurre manié*: In a small bowl, knead the soft butter and flour together into a smooth paste.
- Pinch off small pieces of the paste and whisk them into the simmering liquid one at a time, allowing each addition to dissolve before adding more, until the sauce reaches a light-to-medium consistency that coats the back of a spoon.
- Season to taste with salt and white or black pepper. The sauce will thicken slightly as it cools. Reheat gently before serving, loosening with a splash of broth if needed.

Optional Mushroom Addition

- Sauté the mushrooms in butter or oil with a pinch of salt over medium heat until lightly browned and any liquid has evaporated.
- Add them to the reserved braising vegetables and warm everything together with a little of the finished sauce.

Assemble and Serve

- Spoon a pool of beef sauce onto each plate. Top with warm polenta or mashed potatoes.
- Arrange the short ribs and warm vegetables (with or without mushrooms) over the starch.
- Spoon additional sauce over the ribs.
- Garnish with torn basil, parsley, or fresh thyme leaves.

Serves 4

Cook's Notes

- This dish improves with time — the components can be prepared a day ahead and gently reheated.
- Braising time varies with the size and thickness of the ribs; always rely on tenderness rather than the clock.
- The flour dusting, bay leaf, cilantro in the braise, and mushroom addition are all optional and can be included or omitted according to your *préférence*.

About the Recipe: These chef-inspired short ribs deliver deep, full-bodied flavor and melting tenderness. Slow cooked with red wine, aromatic vegetables, and herbs, they are finished with a silky sauce and can be served over creamy polenta. Great for a special dinner or when you want to impress without last-minute stress. The components can be prepared ahead and simply reheated. Short Ribs are known for their full-bodied flavor, tenderness, and versatility. They have a bold and beefy flavor and are filled with richness and complexity. Serve with roasted vegetables, mashed potatoes, or creamy polenta. They are a perfect way to impress your guests or celebrate with a special dinner.