

Beef Short Ribs

Serves 4

3 ½ lbs of short ribs (I figure about ¾ lb per person)

Salt and pepper to taste

4 thyme sprigs plus 2 T of chopped thyme (or rosemary... or a combination of both...)

3 T of olive oil

1 medium onion, diced

3 carrots, diced

3 celery stalks, diced

2 shallots, minced

2 cups red wine

2 bay leaves

2 cups beef or chicken broth

Start by seasoning the cubes of ribs at least a half an hour before cooking (you could probably start seasoning the night before, but I am never that organized). I sprinkled them with sea salt, ground pepper and chopped thyme.

Next, heat a large Dutch Oven or heavy-bottomed sauté pan on med-high. Once warm, add 2 tablespoons of olive oil.

Brown the short ribs in batches on each of the three meaty sides, about 45 seconds a side. (Add more oil if needed for new batches, although I haven't needed to.) Once complete, move the meat to a plate. Turn heat to medium.

Now, preheat your oven to 325 and start the broth.

Add onions, carrots, celery and shallots and cook for about 3 minutes. Once slightly softened, pour in the two cups of wine and use a wooden spoon to scrape the bottom of the pan, releasing all the brown bits that fastened themselves during the browning. Add the bay leaves and bring mixture to a boil and cook for two minutes.

Add broth and salt (probably at least a teaspoon) and pepper to taste. Place the ribs back into the pot. Make sure the ribs almost submerged in the liquid. If there are too many ribs for the pan, consider using two pans in the oven.

Place a sheet of tin foil over the pot and then a tight-fitting lid. Ribs will cook at 325 for 3 hours.

Check for doneness (and be careful of the steam under the tin foil) by slicing into a rib with a pairing knife. They should be falling off the bone and very tender.

Let sit for at least 20 minutes and then skim the fat off the top.

(If you wanted to make these the day before, you can place the ribs in the fridge at this point. The next day, you will see a solid layer of fat that can be discarded. Then, heat the ribs on the stove on medium; it should take about twenty minutes to a half hour to heat back up.)

I usually spoon through the ribs to make sure there aren't chunks of gristle and fat attached to them. This isn't necessary, but I hate big chunks of fat on my meat – you may not!

Finally, plate two ribs over mashed potatoes or polenta and top with a little of the juice.

Eating Stumptown