

BFM Braised Short Ribs

Serves 6

Dusted Valley's BFM is a magical pairing with these short ribs. I like to give them a little flavor head start, so I marinate them overnight in BFM, Savor, garlic and herbs. Braises are great for weekend cooking, when you have the extra time for the 3 hour slow cook.

4 pounds short ribs
Savor
3/4 cup Dusted Valley's BFM
4 garlic cloves, smashed
2 tablespoons of olive oil
2 sprigs of rosemary
4 sprigs thyme

1/2 cup flour
2 tablespoons olive oil
4 large shallots, 1/2 inch slice
4 stalks of celery with leaves, 1/2 inch slice
2 carrots, peeled and sliced into 1/2 inch rounds
2 tablespoons tomato paste
6-8 cups **unsalted** beef stock



Sprinkle all sides of the short ribs with Savor. Place in a glass dish or zip top bag and add the wine, garlic, oil, rosemary and thyme, stems and all. Refrigerate overnight.

Preheat the oven to 325 degrees.

Put a layer of paper towels on a sheet pan. Remove the short ribs from the marinade to the paper towels and lightly blot dry. Reserve the marinade.

Place the flour on a plate and dredge the short ribs, shaking off any extra. Discard remaining flour.

Heat a large Dutch oven over medium high heat. Add the olive oil and the short ribs but do not crowd them. You may have to cook the beef in batches. Cook, browning all sides, for about 13-15 minutes. Once browned, remove the short ribs and continue the browning process with the next batch if necessary.

Reduce the heat to medium and add the shallots, celery and carrots to the now empty pan. Cook stirring occasionally, scraping up the fond until the vegetables begin to soften, about 5 minutes.

Push the vegetables to the side and add the tomato paste to the pan and cook, stirring for 1-2 minutes and then incorporate with the vegetables.

Add the reserved marinade, stir and then add the beef and any accumulated juices back to the pan. Nestle the short ribs into the vegetables.

Pour about 5 cups of stock over the ribs, bring to a boil then cover and place into oven. Cook for about 3 hours, or until meat is extremely tender. Check the liquid level about half way through cooking time. It should be about half way up the ribs, if not, add more stock.

When done, remove the short ribs to a pan and cover. Strain the vegetables from the cooking liquid. If you have a fat separator this is a great place to use it. If not use a spoon and skim off as much fat as you can. You should end up with about 4 cups. If it's less than that, add stock.

Place the braising liquid back into the Dutch oven and boil for about 7-10 minutes or until reduced and thickened. Check for seasoning, adding more Savor if desired.

Return the meat back to the Dutch oven and turn to coat in the sauce.

Serve with garlic mashed potatoes.