

Braised Balsamic and Rosemary Beef Short Ribs

By : Jana

Prep Time: 30 minutes

Cook Time: 2 hours

Total Time: 2 hour, 30 minutes

Comfort food at its best: great for weekends or a cold rainy day. Serve with mashed potatoes and your choice of steamed vegetable.

Suggestions: Asparagus, cabbage, or cauliflower. This recipe can also be done with stewing beef cubed, but cuts of beef with the bone-in create a more flavorful and healthy gravy from the nutrition in the bone.



Ingredients:

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| <ul style="list-style-type: none">• 2 tbsp Ghee• 6 – 10 bone-in beef short ribs (if they are really long, slice in half)• 2 leeks, white part only, sliced• 2 medium yellow onions, sliced• 2 carrots, peeled and sliced• 2 celery stalks, sliced• 2 – 4 cloves of garlic (depending on how much you like a garlic) | <ul style="list-style-type: none">• 1 – 5.5 fl oz. (156ml) can tomato paste• 1 tsp red pepper flakes• 1/2 cup balsamic vinegar• 4 sprigs fresh rosemary• 2 tps Dijon mustard• 4 cups homemade beef stock• 10-12 fresh chive stems, diced for garnish• Sea salt and pepper to taste (be caution of adding too much if your stock has been salted) |
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Side Note: I always keep homemade beef stock in the freezer leftover from roast beef: when roasting the beef put in the bottom of the pan, 2 diced carrots, 2 diced celery stocks, 1 diced onion, 1 large can of diced tomatoes, a couple whole potatoes, 6 whole cloves of garlic, salt and pepper, and about 4 cups of water. When done, pull out the roast, veggies and some of the drippings for au jou (sauce) to pour over the roast. Strain the remaining drippings/liquid in the roasting pan, let cool and freeze. This will be concentrated, so you can dilute it with water to use as beef stock.

Preparation:

- In a large pot heat ghee over medium heat. In small batches sear the short ribs for 4 minutes on each side or until browned. When done transfer the batch into a bowl and put aside.
- Add leeks, onion, carrots, celery, and garlic. Stir occasionally for about 15 minutes or until tender. Add a few splashes of water if the vegetable mixture is sticking; this will also prevent burning.
- Add tomato paste, red pepper flakes, black pepper and cook for about 4 minutes.
- Add vinegar, mustard, rosemary, beef stock and return the short ribs to the pot; bring to a boil then immediately turn stove down so the mixture is at a low simmer and cover with lid.
- Pot can be left on the stove on low heat OR placed in a 325 degree oven for two hours or until the ribs are tender. When done transfer meat to a serving dish and wrap with a layer of tinfoil then a few kitchen towels to keep it warm.
- Using a strainer or slotted spoon remove any solids from the liquid. You can discard, but sometime I like to keep the carrots and a few onions to serve with the meat.
- On the stovetop, bring the liquid to a boil until it reduces to about 1 or 2 cups (depending on how much gravy you want; I usually make about 2 cups and freeze leftover gravy to drizzle over BBQ steak).
- Drizzle the glaze over the short ribs, add sea salt to taste and serve.