



Braised Short Ribs

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 pounds beef short ribs, cut to 2 inch pieces - Salt and freshly ground pepper - 2 tablespoons vegetable oil - 1 medium onion, finely chopped - 4 garlic cloves, finely chopped - 1 cup of fruity red wine - 2 cups of beef stock - 3 sprigs fresh thyme - 1 bay leaf (optional)

Instructions

1. Sprinkle the both sides of ribs with salt and pepper
2. Heat oil over medium-high heat and brown the ribs on all sides for 5-7 minutes in a pan then remove the ribs to plate
3. Add garlic and onion to the pan and cook for approximately 2 minutes
4. Add wine, stock, thyme, bay leaf and browned ribs and bring it to a boil (transfer to a pot if necessary)
5. Transfer everything to a baking pan and braised at 225 F for 4 to 5 hours in the oven (or until the meat is falling off the bone)
6. Remove ribs and keep warm
7. Strain cooking liquid into a saucepan bring it to a boil and cook until it's reduced by half
8. Serve ribs with sauce