



Braised Short Ribs Persillade

NIBBLEDISH CONTRIBUTOR

Ingredients

OK, SO I love braised dishes...what chef doesn't. So I thought I would give up this recipe for you all to try. I am opening a restaurant next month so I'll start posting some dishes from the main dinner menu....cheers!

For the short ribs;

2 tablespoons Vegetable Oil

6 ea Beef Short Ribs, English style

Salt

1 teaspoon Black Peppercorns, crushed

5 Cloves Garlic, peeled

3 Large shallots, diced

1 Medium Carrots, peeled, trimmed, and cut into 1-inch lengths

1 Stalks Celery, peeled, trimmed, and cut into 1-inch lengths

1 Medium Leek, white and light green parts only, coarsely chopped

1 Bay Leaf

1 tablespoons Tomato Paste

1 quart Unsalted Beef stock or chicken stock

Salt

Freshly Ground White Pepper

Organic flour, for dredging

For the persillade;

Equal parts of chopped garlic and chopped parsley.

Instructions

For the short ribs;

1. Center a rack in the oven and preheat the oven to 350 degrees F.
2. Heat the oil in a Dutch oven or large casserole, large enough to hold the 6 portions of ribs, over medium-high heat.
3. Season the ribs all over with salt and the crushed pepper.
4. Dust the ribs with about 2 tablespoons of organic flour. Sear the ribs for 4 to 5 minutes on each side, until well browned. Remove and reserve.
5. Lower the heat to medium, and toss in the vegetables and herbs.
6. Sauté the vegetable until lightly browned, 5 to 7 minutes, then stir in the tomato paste and cook for 1 minute to blend.
7. Add the browned ribs and stock back into the pot.
8. Bring to a boil, cover and cook until the ribs are tender enough to be easily pierced with a fork, about 2 to 2 1/2 hours.

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9. Carefully transfer the meat to a heated serving platter, cover, and keep warm.
 10. Boil the pan liquid down until it thickens (if need be) and reduces to approximately 16 ounces (2 cups).
 11. Season with salt and pepper and pass through a fine-mesh strainer; discard the solids.
 12. Pour the sauce over the meat & serve.

For the persillade;

Mix the equal parts of chopped garlic and chopped parsley together with a bit of kosher salt and your all good...