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BRAISED SHORT RIBS WITH BABY CARROTS AND PEARL ONIONS

Ingredients:

6 lbs beef short ribs (3 inch pieces)
Salt and pepper
1 tbsp olive oil
3 medium onions, chopped
4 cloves garlic, minced
1 1/2 c red wine
28 oz can crushed tomatoes
14 oz can beef broth
2 tbsp worcestershire sauce
1 tsp dried rosemary
1/2 tsp salt
1 lb peeled baby carrots
1 lb pearl onions

Cooking instructions:

1. Season the short ribs with salt and pepper. In a large, heavy stockpot, heat the oil until hot. Brown the ribs in batches, transfer the browned ribs to a large bowl.
2. Add the chopped onions to the pot and cook until golden. Add the garlic and cook, stirring for an additional minute. Add the wine, tomatoes, beef broth, worcestershire sauce, rosemary, and salt. Bring to a boil.
3. Add the ribs and accumulated juices, cover and adjust the heat to simmer. Cook for 30 minutes. Add the pearl onions and carrots, adding water if necessary to keep the vegetables and meat completely covered. Cover and simmer until the meat is tender, about 1 1/2 hours.
4. If the cooking liquid is too watery, remove the ribs, carrots, and onions and set aside. Reduce the liquid by boiling until it reaches the consistency of a thin sauce. Taste and add salt and pepper as needed. Return the ribs and vegetables to the sauce.
5. Serve in pasta bowls over cous-cous or rice.

This recipe freezes well.

Recipe from: Washington Post Food

Serves: 3 meals, 4 servings each

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