



BISTRO-STYLE WINE-BRAISED SHORT RIBS

"This is comfort food at its best," says Island Cooking's Christine Quinn. "The smell of these short ribs roasting in the oven all afternoon will warm your house even on the bleakest of days. The meat will melt in your mouth." Much of the dish can be prepared ahead; Quinn suggests serving the ribs with horseradish mashed potatoes. Serves 4.

Ingredients:

- 2 bottles full-bodied red wine (a Côtes du Rhône or Cabernet works well)
- 1/4 cup vegetable or canola oil
- 8 short ribs, trimmed of excess fat
- Salt and crushed peppercorns to taste
- Flour, for dredging
- 1 medium to large onion, chopped
- 2 medium carrots, peeled and cut into 1-inch lengths
- 2 ribs of celery, cut into 1-inch lengths
- 1 medium-sized leek (white and green parts), washed, dried and coarsely chopped
- 8 cloves garlic, chopped
- 6 sprigs flat-leaf parsley, left whole
- 2 bay leaves and 2 thyme sprigs
- 1 Tbsp. tomato paste
- 3 quarts unsalted beef stock or broth

TIP: To keep meat from separating from the bone, tie each rib with kitchen twine.

Directions:

- 1) Heat the oil in a large saucepan. Add the onions, leeks, carrots and celery and cook on medium-high heat for about 5-7 minutes. Add garlic and cook for an additional 2-3 minutes. Add the red wine. When the wine is hot, set it aflame. Let the flames die out, then increase the heat so the wine boils. Allow it to boil until it cooks down by half. Remove from heat and allow to cool.
- 2) Spread the short ribs in a single layer in a large, shallow baking dish. Pour the wine mixture over the ribs, cover and refrigerate overnight.
- 3) The next day, preheat the oven to 300 degrees. Remove the short ribs from the marinade (saving the marinade for later). Discard the parsley and thyme sprigs and the bay leaves.
- 4) Season the ribs with salt and pepper and dredge them in the flour. In a large skillet, heat 2 tablespoons of the oil until almost smoking. Add half the ribs and cook over medium-high heat until well browned, about 4-5 minutes per side. Transfer the ribs to a large roasting pan. Brown the remaining ribs in the remaining oil and add them to the pan in a single layer. Add 1 tablespoon of tomato paste and 3 quarts unsalted beef stock or broth to the reserved wine marinade and add to the pan.
- 5) Cover tightly and place in the oven to braise for 3-4 hours, or until the ribs are very tender. (Note: The key to really tender ribs is to cook them "low and slow"—the lower the temperature and the longer the cooking time, the more tender they will be. If you have the time, try cooking them at 200 degrees for 10-12 hours.)
- 6) Transfer the meat to a platter; tent with foil to keep warm. Boil the pan liquid in a saucepan until it coats the back of a spoon. Season with salt and pepper to taste. Pass the liquid through a fine strainer, pressing on the solids, and discard the solids. (The ribs and sauce can be combined and kept covered in the refrigerator for 2-3 days. To reheat, baste frequently in a 350-degree oven.) To serve, ladle the sauce over the short ribs and mashed potatoes. Any remaining sauce may be passed around the table. ♦