



FARMERS MARKET

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Braised Short Ribs of Beef –

1 tsp. freshly ground black pepper, plus additional to sprinkle over ribs before cooking
4 lbs. beef short ribs, cut into 2 inch lengths
5 tbl. good quality olive oil
8 garlic cloves, peeled and finely chopped
1 ½ cups canned Italian plum tomatoes, with juice
2 cups thinly sliced carrots
3 cups sliced onions
8 whole cloves
½ cup chopped Italian parsley
¾ cup red wine vinegar
3 tbl. tomato paste
2 tbl. brown sugar
2 tsp. salt
¼ tsp. cayenne pepper
3 cups beef stock

1. Sprinkle pepper over short ribs. Heat olive oil in a Dutch oven or casserole. Sear ribs, 3 or 4 at a time, browning well on all sides. As they are browned, drain them on paper towels.

2. Preheat oven to 350°. Return half the ribs to the casserole. Sprinkle with half of the garlic. Layer half of each vegetable over the meat. Add 4 cloves and sprinkle with half of the parsley. Repeat with remaining ingredients, ending with a layer of chopped parsley.

3. In a bowl mix together vinegar, tomato paste, brown sugar, salt, 1 tsp. black pepper and cayenne. Pour over meat and vegetables and then add beef stock just to cover.

4. Cover casserole, set over medium heat, and bring to a boil. Bake in the oven for 1 ½ hours. Uncover and bake for 1 ½ hours longer, or until meat is very tender. Taste, correct seasoning, and serve immediately.

Credit: Silver Palate Cookbook