

Braised Short Ribs

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2008 Fisticuffs Cabernet Sauvignon Napa Valley

INGREDIENTS:

6 lbs. beef short ribs, cut 2" thick and 3 bones each, (your butcher will call these two by three's)
salt and pepper
1 tablespoon olive oil
3 large yellow onions, chopped
2 fennel bulbs, chopped
1 carrot, peeled and chopped
3 stalks celery
4 Roma tomatoes, chopped
6 cloves garlic, smashed
1 cups red wine
½ cups ruby Port
3-4 cups beef stock

FOR THE SACH:

6 sprigs thyme
8 sprigs parsley
3 bay leaves
1 tablespoon black peppercorns
1 teaspoon fennel seeds

Combine in a cheese cloth "bag" and tie with string or use a coffee filter being careful not to tear it.

FOR THE GREMOLATA:

¼ cup chopped parsley
zest of ½ lemon, finely chopped
1 large clove garlic, finely chopped

METHOD:

Season the short ribs generously with salt. Heat Dutch oven or a heavy bottom braising pan and sear all sides of the short ribs in olive oil (note, if you can find duck fat they brown even better!) in batches if you have to. Take the short ribs out and drain the oil. Add the fresh olive oil and the chopped vegetables and garlic and sweat for 5 minutes or so. Deglaze with the red wine and port and reduce by ½. Add the short ribs and sach, and add enough stock to cover the short ribs. Bring to a simmer, cover and put in the 300°. Begin to test for doneness after 1 ½ hours. A skewer or paring knife inserted into meat should encounter no resistance, and meat should be nearly falling from bone. They will take up to 3 hours so give yourself plenty of time

When they are done let them sit in the sauce to cool with the lid off Strain braising liquid into bowl, pressing solids to extract all juices. Allow liquid to settle, then degrease. Pour liquid back over short ribs and reheat if serving immediately or cool, refrigerate and serve next day. To make Gremolata, mix parsley, lemon zest and garlic (these ingredients should be chopped at the last minute) and scatter over short ribs just before serving.