

Beef Short Rib Bourguignon

Baby Carrots, Fingerling Potatoes, Bacon Lardons, and Torpedo Onions
Red Wine Jus

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2006 Ghost Block

This recipe takes several days but is worth every minute you put into it

Ingredients for Beef Short Rib Braise:

2 racks of bone-on Short Ribs
1 bottle of red wine for cooking
1 large carrot, cut in half
1 yellow onion, cut in half
1/2 head of garlic, chopped
1 leek, cut in half
1 large sprig thyme
1 bay leaf
2 quarts beef stock

Method

Season the short ribs with salt and pepper. Over high heat, lightly sear the three meat sides of the short rib in a lightly oiled skillet and set aside. In the same pan add the carrot, leek and onion and lightly caramelize, then set aside. Pour 1/4 cup of the red wine into the pan and turn off heat. Place all above ingredients in a container or bag, in which all items are submerged in wine, and place in the refrigerator.

After allowing meat and vegetables to marinate for at least one day (up to two days would be better so that the wine has a chance to break down the meat), pour the wine into a pan and reduce the wine by half over high heat. Then add the beef stock and reduce that by half. Add the mirepoix (carrots, celery and onion) and short ribs bone-up so they are exposed to allow the bones to caramelize and the marrow to render into the liquid. Bring to a boil, then cover with aluminum foil leaving one corner open to allow evaporation and place in the oven on top rack at 275 degrees.

Cook until short ribs become fork tender, about two to three hours. Remove finished short ribs from liquid and strain cooking liquid through a fine stainer or cheese cloth. Discard mirepoix. Reduce liquid on stove top until it coats the back of a spoon. Place short ribs into this liquid (the Jus). At this point, the meat is ready to be served or can be refrigerated for up to 3 days and then reheated. It also freezes well at this point as long as the meat is covered with the Jus.

Beef Short Rib Bourguignon

(part 2)

Ingredients:

4 slices THICK cut bacon, cut into cubes
5 large fingerling potatoes
2 bunches baby carrots, peeled
2 large torpedo onions, diced

Method

The ingredients must be prepared separately but will be finished together in one pan. Preheat oven to 350 degrees.

Potatoes: In a large pot, cover the potatoes with 2 inches of salted water and bring to a simmer until tender. Remove from water, allow to cool and cut into 1/2 inch coins.

Carrots: Blanch carrots in salted water for three minutes. Then “shock” carrots in ice water. Cut in half long ways.

Bacon: Brown lardons in sauté pan until crisp, then place on paper towel to absorb oil.

Onion: Sweat onions in bacon pan on high heat until translucent. Then add all above ingredients into the same pan with a tablespoon of olive oil. Place pan in a 350 degree oven until all components are hot.

Service

Place a generous helping of the vegetables just off center of the plate. Place sliced short rib pieces just to the side of vegetables so you can see all the colors and spoon Jus over the ribs. Finish with some thinly sliced chives.