

Red Wine & Herb Braised Beef Short Ribs

Ingredients

- 3 tablespoons olive oil
- 2kg beef short ribs, ask the butcher to cut them in half, so they are about 5cm long each
- 3 large carrots, roughly sliced, I left the skin on mine
- 3 celery stalks roughly sliced
- 10 shallots (the small french onions), peeled and cut in half (or 3 onions quartered)
- 2 tablespoons tomato paste
- 3 tablespoons plain flour (I use yes you can gluten free flour)
- 1 bottle red shiraz or Cab Sav wine (I use vegan friendly wine, because of the egg traces in most wines)
- 1 litre (4 cups) beef stock (make sure it gluten free if making GF)
- 2 small garlic or 1 large garlic head cut in half, crossways so that all the cloves are in half
- 12 sprigs parsley
- 6 sprigs rosemary
- 8 sprigs thyme
- 6 sprigs oregano
- salt and pepper to season

Directions

1. Heat oil over a medium - high heat in a dutch oven. Season meat with salt and pepper and then brown on all sides in batches. Once all meat is cooked, remove and set aside. Pour out some of the oil, leaving about 4 tablespoons in the pan. Add the chopped carrots, celery & shallots, and stir, while cooking over a medium heat until the lightly browned.
2. Stir through the tomato paste and plain flour over a medium heat until well combined, about 2 mins. Add the bottle of red wine slowly, and return the beef to the pan and stir through. Bring to the boil on the stove top and then reduce to a simmer for about 20 mins (or until liquid has halved). Pre-heat the oven to 180c degrees while simmering.
3. Add the beef stock, garlic & herbs to mixture and stir through. Put the lid on the dutch oven and place in the oven for 2 - 2.5 hours. I did 2.5 hours, and the meat had completely fallen away from the bone, which I preferred, if you want the bone on, maybe do 2 hours instead.
4. Remove the meat from the pan and set aside. Place a strainer over a large jug and strain through the liquid, stirring through as you go, to get all the liquid and flavour out to create your sauce.
5. Serve with polenta, mashed potatoes, etc and pour over the sauce, sprinkle with thyme leaves and enjoy

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