

# Braised Boneless Short Ribs



4 lbs Boneless Short Ribs	1 cup of red wine
¼ cup flour	2 cups beef stock
1/2 tablespoon thyme	1 cup chopped Spanish onion
1 tablespoon freshly ground black pepper	3 garlic cloves, minced
1 tablespoon cumin	2 chopped carrots
2 bay leaves	1 cup chopped celery
1 twig of fresh rosemary	
Salt to taste	

Bring short ribs to room temperature. Rub with Olive Oil, salt, pepper, a dusting of flour and the other dry seasonings. Preheat oven to 350F.

On your stove top, place a Dutch Oven pot and pour 2 tablespoons of Olive Oil. Using high heat, sear short ribs on all sides, about 8 minutes. Remove from pan and using the beef drippings, sauté garlic, celery, onion and carrots. Add wine and reduce by half. Return short ribs to pan.

Add stock, bay leaves and rosemary.

**Braise covered in the oven for about 2 hours until beef is tender.**