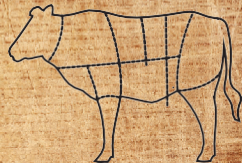


Braised Boneless Short Ribs



- 4 lbs boneless short ribs
- 1/4 cup flour
- 1/2 tsp thyme
- 1 tbsp ground pepper
- salt to taste
- 1 tbsp cumin
- 2 bay leaves
- 1 twig fresh rosemary
- 1 cup red wine
- 2 cups beef stock
- 1 cup chopped onion
- 3 garlic cloves, minced
- 2 carrots, chopped
- 1 cup celery, chopped



1. Bring short ribs to room temperature. Rub with olive oil, salt, pepper, a dusting of flour and other dry seasonings. Preheat oven to 350°F.
2. On your stove, place a Dutch Oven pot and pour 2 tbsps of olive oil. On high heat, sear short ribs on all sides, about 8 minutes. Remove from pan and using beef drippings, sauté garlic, onion, celery and carrots. Add wine and reduce by half.
3. Return short ribs to pan. Add stock, bay leaves and rosemary. Braise covered in preheated oven for about 2 hours until beef is tender. Serve and enjoy!

