



Total Locals Club

Recipes for Pairing with Total Locals
Club October 2006 Selections

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Short Ribs Provencale

Great for entertaining since it can be started the day before...

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 6 pounds individual short ribs (not cross-cut flanken)
- 3/4 teaspoon salt, plus more to taste
- 1/2 teaspoon freshly ground blackpepper, plus more to taste
- 1 large onion, finely chopped
 - 1 medium carrot, finely chopped
- 1 celery rib, finely chopped
- 12 garlic cloves, peeled
- 1 tablespoon herbes de Provence
- 2 tablespoons all-purpose flour
- 2 cups hearty red Zinfandel
- 1 3/4 cups beef stock or reduced-sodium chicken broth
- One 14 1/2-ounce can diced tomatoes in juice, drained
- 1/3-cup mushrooms
- 1 bay leaf
- 8 ounces baby-cut carrots
- 1/2 cup Mediterranean black olives, such as Niçoise, pitted
- 3 tablespoons chopped fresh parsley for garnish

Directions:

1. Position a rack in the center of the oven and preheat to 300°F.
2. Heat the oil in a large 6-quart Dutch oven or flameproof casserole over medium-high heat. Season the short ribs with the salt and pepper. In batches add the short ribs to the pot and cook, turning occasionally, until browned on all sides, about 8 minutes. Transfer the ribs to a platter.
3. Pour off all but 2 tablespoons of the fat from the pot. Add the onion, chopped carrot, and celery to the pot and reduce the heat to medium-low. Cover and cook, stirring often, until the vegetables are softened, about 5 minutes. Add the garlic, herbes de Provence, and flour and stir until the garlic gives off its aroma, about 1 minute. Stir in the wine and bring to a boil over high heat, stirring up the browned bits on the bottom of the pan with a wooden spoon. Add the broth, to-

matoes, and bay leaf and 1/3 cup mushrooms. Return the short ribs, and any juices, to the pot. Add cold water as needed to barely reach the top of the ribs and bring to a boil over high heat.

4. Cover tightly, transfer to the oven, and bake, stirring occasionally to change the position of the ribs, until the meat is falling-off-the-bone tender, about 2 1/2 hours.

5. Transfer Ribs to a bowl, cool down and refrigerate overnight. The next day scrape off any fat. When ready to serve, warm up the ribs in a 300-degree oven, covered with foil and a bit of the sauce. Heat some oil in pan, cook some carrots, onion, and celery until softened and beginning to caramelize, then add the braising liquid, and cook over low heat for 1 hour. Strain out the vegetables and add the olives during the last 15 minutes along with the baby carrots. and cook to heat them through.. Season the sauce with salt and pepper. Continue to reduce the liquid over low heat until very thick. Serve warm over mashed potatoes, and drizzled with the thick sauce.

Makes 6 servings.

