



# Locals Choice Club

Recipes for pairing with Locals Choice  
Club September 2018 Selections

[www.tastelocalwines.com](http://www.tastelocalwines.com)  
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## Braised Beef Short Ribs

*Serves 6 – prep & cooking time 3 1/2 hours. Recipe courtesy of Susan Arbios.*

*Pair with the 2013 Arbios Cabernet Sauvignon. The red wine, thyme & bay in this beef short rib recipe are a nice complement to Cabernet flavors. The ribs are rich, yet delicate and pair with the structure and tannins in the Cabernet.*

### Ingredients:

- 3+ pounds beef short ribs (boneless) or 6 pounds bone in (see note below)
- Salt & pepper
- 2 Tbsp vegetable or grapeseed oil
- 2 large onions – peeled & sliced thin – about 4 cups
- 1 Tbsp tomato paste
- 6 garlic cloves
- 2 cups red wine
- 1 cup beef broth
- 1 Tbsp anchovy paste
- 4 large carrots – peeled and cut into 2" pieces
- 4 branches thyme (or 2 Tbsp dried)
- 4 bay leaves
- 1 packet unflavored powdered gelatin

Note: We usually use bone in ribs for the flavor, but there can be a lot of fat in them. If you use boneless, there is about 1/6th the fat to pour off.

### Preparation:

Preheat oven to 300 degrees. Pat ribs dry and season with salt & pepper (Bill salts the meat the night before & leaves it uncovered on a sheet pan in the fridge. He does the pepper right before browning). Heat 1 Tbsp oil over medium-high heat in a large heavy bottomed Dutch oven. Brown half of the beef well on all sides (do not crowd the pan); about 5 minutes. Transfer browned meat to a bowl, add remaining Tbsp oil to pan & brown remaining ribs. {Bill does this as it is messy & Susan does not have the patience to get it really brown.} Transfer rest of meat to bowl.

Reduce heat to medium and add onions. Cook, stirring occasionally for 5 minutes until soft & pale brown. Add tomato paste and cook, stirring constantly for about 2 minutes. Add garlic and cook 30 seconds. Add wine, stir and scrape pot to loosen browned bits. Reduce liquid by half – 10 minutes on medium high. Add broth, anchovy paste (you won't taste it, but it does add a depth of flavor), carrots, thyme & bay. Return beef ribs & any juices to pot. Cover and bring to a simmer. Transfer pot to oven and bake covered for about 3 hours. Meat should be fork tender when done.

Transfer meat & vegetables to a serving dish or large bowl. Strain remaining liquid through a fine sieve into another bowl. Let liquid settle and strain off fat. Put ¼ cup cold water in a small bowl and sprinkle gelatin on top; let stand at least 5 minutes. Return liquid to Dutch oven and cook over medium heat to reduce to 1 cup. Remove from heat and stir in gelatin mixture. Pour sauce over meat & vegetables and serve.

Serve with polenta (try the microwave recipe on the Golden Pheasant brand; it's not as creamy as traditional cooking, but SO much easier), pasta or mashed potatoes.

