

Short Rib Bolognese

By Audrey Plant

This recipe calls for leftover short ribs and remaining sauce, the recipe for braised short ribs is below.

Ingredients

2 tablespoons extra virgin olive oil
3 medium carrots, finely chopped
3 stalks celery, finely chopped
½ large onion, finely chopped
3 cloves garlic, minced
¼ cup tomato paste
1 cup dry white wine
1 large can (28 ounces) tomato purée
½ cup whole milk
½ cup water
1 cup of reduced braised short rib sauce
2-3 pounds braised short ribs, recipe below
3 sprigs fresh thyme
4 teaspoons kosher salt
1 teaspoon black pepper

Instructions

1. Preheat a large pot on medium heat with olive oil, add carrots, celery, onion, and garlic. Sauté for 5-8 minutes.
2. Add tomato paste and sauté for an additional 5 minutes until tomato paste starts to get caramelized.
3. Deglaze the pot with white wine. Using a wooden spoon, scrape the bottom of the pot.
4. Add tomato purée, milk, water, and braised short rib sauce. Stir until combined. Add short ribs and bones to the sauce. Season with salt and pepper.
5. Add fresh thyme and bring to a boil, then reduce to simmer for 1 hour.
6. Remove thyme stems and bones. Using a fork, shred apart any remaining short ribs if there are large chunks. Stir until combined, and the sauce will be thickened.
7. Serve over pasta of choice.

Braised Short Ribs

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Ingredients

5 pounds bone-in beef short ribs
1 tablespoon kosher salt
1/2 tablespoon fresh cracked black pepper
3-4 tablespoons extra virgin olive oil
1 large yellow onion, chopped
4 carrots, unpeeled & chopped
5 stalks of celery, chopped
6-8 large cloves garlic, unpeeled & smashed
1/2 cup tomato paste
1 bottle (25 ounces) dry red wine
2 cups chicken stock
5 sprigs fresh thyme
3 sprigs fresh rosemary
2 bay leaves
Additional salt and pepper to taste
1-2 tablespoons fresh flat-leaf parsley, finely chopped

Instructions

1. Preheat oven to 275 F.
2. Preheat a large dutch oven on medium-high heat with 2 tablespoons of olive oil. Season short ribs evenly on all sides with salt and pepper.
3. Add half of the short ribs into the dutch oven and sear evenly on all sides until slightly golden brown. About 2 minutes on each side. Remove from dutch oven and place on a plate and set aside.
4. Add the additional half of the short ribs with the remaining 1-2 tablespoons of olive oil and sear as directed. Remove the remaining short ribs and set them aside along with the other seared short ribs.
5. Turn heat down to medium heat and add onion, carrots, celery, and garlic to the oil and remaining beef drippings. Sauté for 5-8 minutes until slightly tender.
6. Stir in tomato paste and combine with the vegetable mixture until evenly coated. Cook for about 5 minutes until the tomato paste starts to get caramelized.

7. Deglaze the dutch oven by adding the bottle of wine. Using a wooden spoon, scrape the bottom of the pan. Bring to a boil for 8-10 minutes or wine is reduced by $\frac{1}{4}$.
8. Add chicken stock and stir until combined. Add short ribs back to the dutch oven. Short ribs should be almost completely covered and submerged.
9. Add thyme, rosemary, and bay leaves to the pot.
10. Cover with lid and place in oven.
11. Cook short ribs for 4 hours. Once short ribs are cooked, remove them from the liquid, set them aside, and cover with aluminum foil.
12. Using a fine mesh strainer, strain the remaining liquid and remove the solids(cooked-down carrots, onions, celery, and garlic).
13. Add the liquid back to the pot and bring it to a boil. Boil liquid until reduced by half, about 10-15 minutes. Skim any excess fat off the top of the sauce.
14. Season sauce to taste, if necessary.
15. Plate the short ribs and ladle sauce over the short ribs. Garnish with fresh parsley and serve immediately.

Notes

1. When seasoning short ribs, I like to be very liberal with my seasoning.
2. Searing the short ribs, help “seal” in the flavor.
3. I really enjoy a Montepulciano for my choice of red wine for this recipe.
4. When picking short ribs, look for thick and meaty ribs with lots of marbling.
5. Keep the bones if you wish to make a bolognese sauce with the leftover short ribs.