

# BC BRAISED SHORT RIBS



## INGREDIENTS

4 lbs	BC Bone-in beef short ribs
3 tbsp	Olive Oil
2	Medium Onions, chopped
2	Medium Carrots, peeled, chopped
2	Celery Stalks, chopped
1 tbsp	Crushed Tomato
500 ml	Bottle BC Dry Red Wine
3/4 tsp	Garlic, Minced
1 L	Low-Salk Beef Stock
	Kosher Salt & Ground Black Pepper

## DIRECTIONS

1. Preheat oven to 350°F. Season short ribs with salt and pepper. Heat oil in a large pan or Dutch oven over medium-high heat. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate.
2. Add onions, carrots, and celery to the pan pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add crushed tomato and cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; cover and transfer to the oven.
3. Cook until short ribs are tender, 2-2 1/2 hours. Cool the short ribs in the braising liquid if cooking ahead or strain the liquid into a bowl to reserve for the tomato sauce.
4. Shred the short ribs, discarding remaining fat.
5. Add shredded short ribs to the tomato sauce (recipe to follow) and simmer for 1 ½ hours to achieve a rich flavoured sauce.
6. Serve over BC Potato Gnocchi and fresh BC Cheese.

