



## Oven Braised Beef Short Ribs with Root Vegetable Puree

Recipe By JOE LASHER, SR.

MAKES: 6

### SHORT RIBS:

- ☐ 4 lbs bone-in beef short ribs
- ☐ 2 tbsp olive oil
- ☐ 1 large onion, diced
- ☐ 2 carrots, diced
- ☐ 2 celery stalks, diced
- ☐ 1 tbsp minced garlic
- ☐ 2 tbsp tomato paste
- ☐ 2 cups beef stock
- ☐ 1 cup dry red wine
- ☐ 1 tsp dried thyme
- ☐ 2 sprigs fresh rosemary
- ☐ 2 bay leaves
- ☐ salt and pepper, to taste

### ROOT VEGETABLE PUREE:

- ☐ 2 large carrots, peeled and sliced
- ☐ 1 medium sweet potato, peeled and diced
- ☐ 2 tbsp butter
- ☐ ¼ cup heavy cream (more if needed)
- ☐ salt to, taste
- ☐ 1 tbsp maple syrup

### DIRECTIONS:

- ☐ 1. Preheat the oven to 325°F.
- ☐ 2. Season ribs generously with salt and pepper.
- ☐ 3. Heat olive oil in a large Dutch oven and sear ribs on all sides until deep brown. Remove and set aside.
- ☐ 4. In the same pot, add onion, carrot, and celery. Sauté until lightly caramelized.
- ☐ 5. Stir in garlic and tomato paste; cook for 2 minutes.
- ☐ 6. Deglaze with red wine, scraping the fond from the bottom. Reduce by half.
- ☐ 7. Add beef stock, herbs, and bay leaves. Return ribs to the pot, submerging halfway.
- ☐ 8. Cover tightly and braise in the oven for 2½–3 hours, until fork tender.
- ☐ 9. Remove ribs and strain the braising liquid through a fine-mesh strainer into a saucepan. Bring to a gentle boil, then reduce to a simmer, stirring occasionally until it thickens enough to coat the back of a spoon, about 10–20 minutes depending on volume.
- ☐ 10. Spoon or brush glaze over ribs just before serving.

### TO MAKE THE PUREE:

- ☐ 1. Simmer carrots and sweet potato in salted water until very tender.
- ☐ 2. Drain and puree in a blender with butter, syrup, and cream until silky smooth.
- ☐ 3. Add salt to taste.

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