



Braised Short Ribs – Sous Vide

YIELD: 4 Servings

WHY THIS RECIPE WORKS

Short ribs are a cut of beef made up of short sections of rib bone, along with meat. These succulent little ribbies combine characteristics of chuck and rib. They have rich marbling with deep flavor. Pre-searing the ribs helps to develop flavor and to prevent overcooking. We suggest serving with polenta, couscous, or riced cauliflower.

INGREDIENTS:

- 1 large sweet onion, finely diced
- 3 stalks celery, finely diced
- 1 large carrot, peeled and grated
- 2 cloves garlic, finely diced
- 1 beef rib cut into four portions
- Kosher salt & ground pepper
- Olive oil as needed
- 1.5 oz tomato paste
- 1 cup red wine
- 1.5 oz veal demi-glaze
- Pinch of chili flakes

INSTRUCTIONS:

1. Set the Sous Vide to 167 degrees
2. Season the ribs with salt and pepper on all sides
3. Heat skillet to medium high, allow the pan to get hot and sear ribs on all sides (2 minutes on each side)
4. Remove ribs and set aside
5. Reduce heat to medium and add onion, celery, and carrot to the pan (you may need to add a little additional oil) and cook until tender
6. Add garlic and tomato paste and incorporate
7. Add wine to deglaze
8. Add demi-glaze, and chili flakes
9. Reduce heat to low and simmer to reduce to a thick glaze
10. Set aside to cool
11. Once the ribs and glaze have cooled cover each rib with the glaze
12. Place in cooking bag and vacuum seal
13. Add sealed bag to heated water and ensure completely submerged. Cook for 24 hours (for long cook times like this it is important to cover pot to reduce evaporation)

Enjoy!

