

BRAISED BEEF SHORT RIB

Serving Size: 3-4 people

INGREDIENTS

- whole bone-in chicken cut into 8 pieces
- ½ cup olive oil
- 4 russet potatoes peeled and cut into wedges
- 1 Tbsp. granulated garlic
- 1 Tbsp. dried oregano
- 1 tsp. salt
- 1 tsp. pepper
- 8 garlic cloves, sliced
- 1 cup chicken stock
- 1 cup white wine
- 1 cup peas
- freshly squeezed lemon juice (to taste)
- parsley for garnish



METHOD

1. Preheat the oven to 325°F.
2. Cut the meat into 4 portions, and season on all sides with salt & black pepper.
3. Heat a large pot or Dutch oven over a medium heat, then add 2 Tbsp. of olive oil.
4. When the oil is hot but not smoking, add the beef and sear for about 2 minutes per side.
5. Remove the beef and set it aside.
6. Discard any excess oil, and add the onions, carrots and garlic. Cook, stirring occasionally, until the vegetables are translucent, about 2 minutes.
7. Add the tomatoes, and deglaze the pot with red wine.



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8. Add the beef so it sits on top of the vegetables without touching the bottom of the pot and add beef stock until the liquid comes up $\frac{3}{4}$ way on the beef.
9. Add the rosemary, thyme and bay leaves to the pot.
10. Cover the top of the beef with parchment paper to hold in the steam from the braising.
11. Cover the pot with the lid and place in a preheated oven.
12. Continue cooking until the meat is fork tender, about 3 to 3.5 hours.
13. Remove from the oven and let the meat sit in the liquid for at least an hour, to absorb moisture and flavor from the sauce.
14. Remove the beef from the sauce and set aside, covered.
15. Strain the remaining liquid in the pot through a fine mesh strainer, and then continue to cook the sauce until reduced to about half.
16. To serve, warm the beef briefly in a 350°F oven for about 5-10 minutes, and garnish each portion with sauce.

