

Chipotle-Maple Braised Beef Short Ribs

Serves: 4 Servings

Preparation Time: 20 minutes.

Cooking Time: 3 plus hours

Best if cooked day before

Ingredients:

2.75 kg 8 meaty beef short ribs (count on at least two bones per person)

Salt and freshly ground black pepper

4 Tbsp Flour for Dusting

3 Tbsp Olive Oil

1 tsp "Chipotle in Adobo Sauce" pureed or Chipotle paste

1 cup diced onion

1/3 cup diced carrot

1/3 cup diced celery

4 whole sprigs thyme

2 bay leaves

2 tablespoons balsamic vinegar

2 Tbsp Maple Syrup

2½ cups hearty red wine

6 cups beef stock (fresh-made if possible)

4 sprigs flat-leaf parsley

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From the kitchen of Chef Leo Pantel

Executive Chef at the Conexus Arts Centre



Preparation:

1. Preheat oven to 275 F.
2. Remove ribs from refrigerator 45 minutes before cooking; allowing meat to come to room temperature. Season generously with salt & pepper on all sides, lightly dust with flour.
3. Heat a large sauté pan over high heat for 3 minutes. Add olive oil, and wait a minute or two, until the pan is very hot, almost smoking. Add short ribs (in batches if necessary) and sear until nicely browned on all three meaty sides. Do not crowd the meat or get lazy or rushed at this step; it will take at least 15 minutes.
4. Transfer ribs to a large bowl.
5. Turn heat down to medium, and add onion, carrot, celery, thyme sprigs and bay leaves. Stir with a wooden spoon, scraping up all the crusty bits in the pan. Cook 6 to 8 minutes or until vegetables just begins to caramelize. Deglaze with balsamic vinegar, port and red wine. Turn heat up to high and reduce liquid by half. Add stock, Chipotle and bring to a boil.
6. Place short ribs back in the pot. The stock mixture should almost cover the ribs. Tuck the parsley sprigs in and around the meat. Cover tightly with aluminum foil and a tight-fitting lid if you have one. Braise in the oven for about 3 hours or until the meat is fork-tender.
7. Remove the ribs from the sauce, and discard the bones if they have separated from the meat. Allow the sauce and meat to cool slightly, and refrigerate them separately overnight (I leave the sauce in the pot).
8. Using a large spoon or your fingers, break up and remove the layer of congealed fat on top of the sauce.
9. Bring to a simmer. Reduce by half, adding seasonings or more wine if necessary.

Reheating:

1. Preheat the oven to 400 F.
2. Remove the ribs from the fridge so they can come to room temperature.
3. Add the short ribs back to the sauce, and simmer for fifteen minutes or so, until heated through.
4. Place short ribs on a shallow pan in the oven for 10 to 15 minutes, to brown.
5. Strain broth into a saucepan, pressing down on the vegetables with a ladle to extract all the juices. If the broth seems thin, reduce it further over medium-high heat. Taste for seasoning.

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