

SAN DIEGO RESTAURANT WEEK

RECIPES

Port Wine Braised Beef Short Ribs

Courtesy of NINE-TEN

3½-4 lbs Beef Short Ribs, boneless if possible

1 cup Diced onion

1 cup Diced carrots

1/2 cup Diced celery

2 cloves Garlic

½ bunch Thyme

1 Bay leaf

1 bottle Red wine

2 cups Ruby port

4 cups Veal or chicken stock

Preparation:

Clean short ribs of any excess fat. Season short ribs with salt and pepper. In a large sauté pan on medium high heat, sear the short ribs until golden brown on all sides, about 4 minutes. Remove ribs from pan and place in a crock pot or oven-proof pot. In the same pan you seared the ribs, place the onion, carrots, celery and garlic and sauté on medium heat until golden brown. Add wine and reduce by half. Add thyme and bay leaf to wine mixture. Pour over short ribs and marinate for at least 2-3 hours or overnight.

Preheat oven to 325 degrees. Warm veal stock or chicken stock and pour over marinated short ribs. Cover with foil or an oven-proof lid and cook for 3-4 hours or until fork tender, checking every 45 minutes.

Remove from oven and let cool. Remove the short ribs from pot, strain the liquid and return liquid to stove. Skim fat from the top of the liquid and let reduce to sauce consistency (sauce should be thick). Return ribs to the pot and glaze and serve.



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