

Rosemary Polenta and Braised Short Ribs

Courtesy of Pacific Standard Coastal Kitchen



Rosemary Polenta

- 1qt chicken stock
- 1qt whole milk
- 1/3qt instant polenta
- 1 branch fresh rosemary
- 5 branches of thyme
- 1/3 pint grated parmesan 2/3oz unsalted butter
- Kosher salt to taste

Preparation

Combine chicken stock and milk in a heavy bottom pot, season with salt to taste and bring to a boil.

Turn off from heat add the herbs and steep for 30 minutes.

Strain through with a fine mesh and return the liquid to the stove.

When the liquid boils, lower heat to medium and slowly add the polenta in a constant stream while whisking vigorously.

Whisk for the next 8-10 minutes allowing the polenta to thicken.

Add parmesan and butter.

Braised Short Ribs

- 4lbs of trimmed boneless beef chuck, cut into 2in squares
- 1qt chicken stock
- 1qt red wine
- 4oz tomato puree
- 2 each carrots chopped
- 2 stems of celery chopped
- .5 onion sliced
- 2 bay leaves
- 1/3 bunch parsley
- Salt and pepper to taste

Preparation

Season the beef with salt and pepper and sear in a heavy bottom pot.

Remove meat and hold aside. Drain the excess fat and add the chopped vegetables. Sweat 2-3 minutes and then add the tomato puree. Cook the tomato puree until it's the color of a brick 1-2 minutes.

Add the beef back add the liquid and the herbs over and cook in oven for 3-4 hours at 275 degrees.

I recommend doing this a day before and cooling down the beef in its own liquid.

The next day you should take off the collected fat on the top. Take the beef out and set in a casserole. Heat the liquid back up and reduce to half strain and pour over the beef. Place the casserole into the oven and heat until the beef is hot again at 350 for 20-35min.