

Braised Short Ribs

Short ribs are a perfect cut for braising, because they contain a lot of fat that keeps them moist. Approach them like any braise: brown the meat with vegetables in the oven, simmer gently with wine and broth, strain and degrease the braising liquid, and use the liquid to baste the meat for the final glazing. Keep in mind that short ribs come in two forms. Sometimes they are cut crosswise into strips containing 4 ribs or so and about 2 inches long. The alternative, and the one called for here, are 4-rib pieces with ribs about 6 inches long and covered with meat.

This recipe will satisfy eight normal appetites or four hungry people with little else to eat. You can get by serving six people, too, some hungrier than others.

MAKES 4 TO 8 MAIN-COURSE SERVINGS

Two 4-rib pieces, with ribs about 6 inches long
(about 7 pounds total)

Salt

Pepper

2 large carrots, peeled and cut into 2-inch sections

1 large onion, sliced

1 head garlic, halved crosswise

1 bottle full-bodied red wine

2 cups chicken broth, or as needed

Bouquet garni

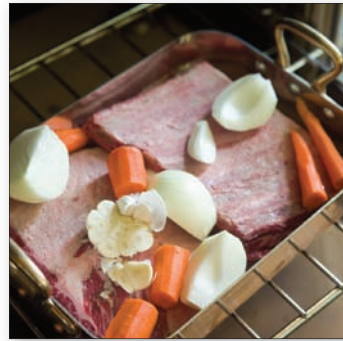
Season the short ribs with salt and pepper and put them in a pot just large enough to accommodate them. Surround with the carrots, onion, and garlic, and roast uncovered in a 400°F oven for about 1½ hours, or until browned and any juices released have caramelized on the bottom of the pot.

Transfer the ribs to a pot that holds them as compactly as possible, pour over the wine and broth, and add the bouquet garni. Cover the pot with aluminum foil, pressing it down so it hangs just above the meat. (This causes moisture that condenses within the pot to baste the meat from the inside.) Top with the lid and simmer very gently for 1 hour. Rearrange the ribs so any that were protruding above the liquid are now submerged. Re-cover and simmer in the same way for about 1 hour more, or until a knife slides easily through the meat.

Put the short ribs in a clean pot. Strain the braising liquid and skim off any fat. Pour the braising liquid over the ribs. Return the ribs to the 400°F oven and cook, basting every 5 to 10 minutes with the liquid, for about 30 minutes, or until the ribs are covered with a shiny glaze and the liquid is syrupy.

Carve the ribs and serve each person 1 or 2 ribs, surrounded with the braising liquid.

HOW TO MAKE BRAISED SHORT RIBS



1. Season short ribs with salt and pepper and put them in a roasting pan or pot surrounded with carrots, onion, and garlic. Roast until browned and the juices have caramelized.



2. Transfer the ribs to a pot that holds them as compactly as possible, add the wine, broth, and the bouquet garni. Cover the pot with aluminum foil, and then the lid. Simmer very gently for 1 hour. Rearrange the ribs, re-cover, and simmer in the same way for about 1 hour more.



3. Put the short ribs in a clean pot. Strain the braising liquid and skim off fat. Pour the braising liquid over the ribs. Return the ribs to the oven and cook, basting until the ribs are covered with a shiny glaze.



4. Carve the ribs and serve with the braising liquid.

