



Ingredients:

5 to 6 lbs. of beef short ribs
Salt & pepper to taste
2 tbsp. of olive oil
4 cups of liquid (veal, beef, chicken stock or water)
2 cups of red wine
4 carrots cut in medium dices
2 onions cut in medium dices
2 bay leaves
1 sprig fresh thyme

l'art de cuisiner

STARK & WHYTE

La Cocotte ... “Braised Short Rib Stew”

Method

1. Season the ribs with salt and pepper.
2. In Staub “Cocotte”, heat the oil until just smoking. Sear the ribs on all sides.
3. Remove the meat and add liquid, wine, carrots, onions, bay leaves and thyme. Bring to a boil. Scrape the bottom to deglaze. Season with salt and pepper. Return ribs to the “Cocotte”, cover and cook in the oven until tender for 2 to 3 hours.
4. Remove the ribs and place on a platter. Cover ribs with foil to keep warm.
5. There should be about 4 cups of braising liquid left. Skim as much fat as possible from the top and place the “Cocotte” over medium-high heat. Bring to boil and reduce by one third.
6. Return the meat to the pot into the braising liquid. Bring to a boil and taste. Season with salt and pepper.

Garnish with vegetables, mashed potatoes or lentils.





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