



Red Wine Braised Short Ribs

by Susie Middleton

Braising short ribs in red wine gives them deep, dark color and flavor, and fall-off-the-bone tenderness. Customize your own braised short ribs with the [Recipe Maker](#)

Serves six.



Test Kitchen Guaranteed

4-1/2 to 5 lb. English-style beef short ribs (8 to 12 ribs)

3 Tbs. vegetable oil

Kosher salt

Ground black pepper

2/3 cup medium-diced carrots

2/3 cup medium-diced celery

2/3 cup medium-diced onions

2 whole dried bay leaves

1 Tbs. finely chopped garlic

2 cups dry red wine

3/4 cup lower-salt beef broth

1 to 2 tsp. red-wine vinegar

Position a rack in the center of the oven and heat the oven to 325°F. In an 8-quart Dutch oven, heat 2 Tbs. of the oil over medium heat. Season the ribs with 2 tsp. salt and 1 tsp. pepper. Add half of the ribs to the pot (or as many as will fit without overlap), and cook, turning with tongs, until nicely browned on all sides, 3 to 4 minutes per side. Transfer the ribs to a platter and repeat with the remaining ribs. Pour off all but a thin layer of fat from the pan.

Add the remaining 1 Tbs. oil, carrots, celery, and onions to the pan. Season with 1/2 tsp. salt. Cook, stirring and scraping up any browned bits on the bottom of the pan, until the aromatics are soft and lightly browned, 6 to 8 minutes. Add bay leaves and garlic and cook, stirring, until well distributed and fragrant, about 1 minute.

Pour 1/2 cup of the red wine into the pot and cook, stirring to scrape up any browned bits on the bottom of the pot, until the liquid is reduced to about 2 Tbs., about 1 minute.

Transfer all the ribs (and any juices that have accumulated) back into the pot. Pour 1-3/4 cups water, the beef broth, and the remaining red wine over the ribs and using tongs, arrange the ribs as evenly as possible and no more than two layers deep.

Bring the liquid to a simmer, cover, and put the pot in the oven. Cook, turning the ribs with tongs about every 40 minutes, until they are fork tender, about 2-3/4 hours. (The meat may fall off most

of the bones about midway through cooking; this does not mean that the ribs are fully tender.)

Transfer the ribs to a serving platter or dish. Let the sauce and solids sit in the pot for a few minutes to cool and with a shallow spoon, skim off as much of the fat as possible from the surface. Season the sauce to taste with salt and pepper, and add the vinegar.

Serve the ribs with the sauce spooned over.

make ahead tips

It's best to braise short ribs a day (or at least several hours) ahead for a couple of reasons. First, this allows you to chill the sauce so it can be defatted thoroughly. Also, the flavors only get better with time. To reheat, arrange the meat snugly in a baking dish, cover with foil, and put in a 350°F oven. Reheat the sauce on the stovetop.

nutrition information (per serving):

Calories (kcal): 450; Fat (g): 25; Fat Calories (kcal): 220; Saturated Fat (g): 8; Protein (g): 35; Monounsaturated Fat (g): 11; Carbohydrates (g): 7; Polyunsaturated Fat (g): 3.5; Sodium (mg): 570; Cholesterol (mg): 80; Fiber (g): 1;

photo: Scott Phillips

From *Fine Cooking* 103, pp. 42

December 30, 2009
