

BALSAMIC & BEER BRAISED SHORT RIBS WITH PARSNIP PUREE

Prepared by: Kimi Nelson, March 2019
The Smitten Kitchen Cookbook

5 lbs Bone-In-Short Ribs
Kosher Salt
Freshly ground black pepper
2 Tablespoons Olive Oil
1 Large red onion, chopped
3 Large Carrots
4 Garlic Cloves, smashed and peeled
2 Tablespoons tomato paste
1/2 cup balsamic vinegar
3 Tablespoons worcestershire sauce
24 Ounces of Dark Beer or Cider
2-3 Cups of beef stock
Minced fresh flat leaf parsley (to serve)

Preheat the oven to 325 F.

Season the short ribs generously on all sides with salt and pepper. Heat a large Dutch oven over high heat, and add olive oil to coat the bottom. Once the oil is hot, brown the short ribs on all sides, in batches. Transfer the browned ribs to a plate.

Once all the ribs are browned, turn your heat down to medium-high and pour off all but one tablespoon of fat. Add the onion and carrots, season to taste with salt and pepper, and cook until softened and lightly brown, about 10 minutes. Add the garlic cloves and saute 3 more minutes. Add the tomato paste and cook for another couple of minutes, until thickened. Now add the vinegar, Worcestershire sauce, and beer, scraping all the yummy bits stuck to the bottom of the pot.

Return the browned ribs to the pot; try to place them in meatiest sides down. If not all will fit this way, put some in standing on their sides with the bones facing vertical. Add enough stock just to cover the ribs. Bring the liquid to a simmer, then turn off heat. Cover the pot tightly with foil, then with the pot's lid.

Bake for 3 hours, or until the meat can easily be pierced with a knife, or pieces can be torn back with a fork. Remove from the oven and let rest for 15 minutes, uncovered. Skim as much fat as possible off the top.

Preheat your oven to 420 F. Remove ribs from the braise and spread them out on a baking sheet (I greased mine with cooking spray first). Roast for 15 minutes, or until the edges start to crisp. Meanwhile, strain the braising liquid into a saucepan and simmer it over high heat for 10 to 15 minutes, until reduced by a third.

Parsnip Purée

2 pounds of parsnips
4 tablespoons unsalted butter
1/3 Cup of heavy cream
1 Tablespoon horseradish sauce or freshly grated horseradish
Kosher salt and fresh ground pepper to taste

Peel parsnips and cut into medium sized chunks. Place parsnip chunks in a large pot and cover with cold water. Place over moderately high heat, cover pot and bring to a boil. Once boiling reduce heat to a simmer. Cook for 20 to 30 minutes or until parsnips are fork tender.

Drain cooked parsnips. And either place in food processor with the remaining ingredients or use an immersion blender to puree the parsnips.

To serve, place a mound of parsnip puree on your plate, then top with 1-2 short ribs and ladle with sauce. Garnish with parsley. Enjoy!!

Kimi's Notes: "Very easy! I used Guinness for my beer. I took the bones out and finished it in the oven. It would hold well for a crowd. I'd make this again!"

