



Braised Beef Short Rib

Far Niente Estate Bottled Cabernet Sauvignon, Napa Valley, Oakville

by Executive Chef Trevor Eliason

Ingredients

5 pounds boneless
beef short ribs, cut into
10, 8-ounce portions

Beef Brine:

1 gallon water
1/2 cup salt
1 celery stalk
1 carrot, peeled
1 onion, halved
1 leek, halved, white portion only
6 garlic cloves, halved
1 thyme bunch
1 bay leaf
3 juniper berries, whole
6 black peppercorns, whole

Braising Liquid:

1 bottle Far Niente
Cabernet Sauvignon
(or quality, full-bodied red wine)
1 quart low-sodium beef stock
1 onion, halved
1 leek, halved, white portion only
1 carrot, peeled
1 garlic clove, peeled
1 thyme bunch
5 parsley stems
1 bay leaf
3 juniper berries, whole
6 black peppercorns, whole

METHOD

Brine Preparation:

Using a large pot, bring half of the water to a boil. While the water is heating, add the salt, celery, carrot, onion, leek, garlic, thyme, bay leaf, juniper berries and peppercorns. Once the pot reaches a boil, reduce the heat and simmer for one minute. Add the remaining half-gallon of cold water and chill.

Place the raw beef short ribs in the chilled brine for 8 hours or overnight in the refrigerator.

Braising Liquid Preparation:

In a 5-quart stock pot, add wine, beef stock, onion, leek, carrot, garlic, thyme, parsley stems, bay leaf, juniper berries and peppercorns. Bring to a boil, then lower the heat to a simmer for 1 hour. Skim the foam that floats to the top.

While this is simmering, grill the beef short ribs. Drain brine from the beef and discard the liquid. Place the beef on paper towels, blotting the excess moisture, which will ensure a better sear and crust.

While we smoke the short ribs at the winery you can achieve some of the smoky flavor by grilling the short ribs on your barbecue. Bring the barbecue to a high heat and cook the short ribs until you have considerable color on all sides of the beef, about 1 minute on each side. Take care not to burn the beef as that will lead to a bitter note at the end. You will not need seasoning because of the flavorful brine.

At this point the braising liquid should be ready to strain. Reserve the liquid and discard the vegetables and flavoring. Place grilled short ribs in a deep baking dish. Add the braising liquid so it nearly covers the beef. Reserve the remaining liquid for finishing the reduction sauce. Tightly cover the short ribs with aluminum foil or a tight-fitting lid.

Place in a 300°F oven for 4–6 hours. The alternative is to turn your crock pot to a low setting and braise the short ribs overnight (12–14 hours). When short ribs are fork tender, allow them to cool in braising liquid, which will lock in the delicate flavors.

To make the jus, combine equal parts of the braise with the reserved braising liquid. On the stovetop, reduce by half, skimming the fat from the top. Return the short ribs to the reduced liquid, and heat in a 350°F oven until hot and serve. Roasted potatoes and carrots make a great side dish.

Serves 10