

## *Tuscan Braised Short Ribs with Roasted Red Pepper Sauce*



This is a slow and easy recipe. Serves 4-6.

### *ingredients*

<b>6</b>	Bone-in short ribs (approximately 5-3/4 pounds...so yes, they should me meaty)
<b>1 Tbsp</b>	Salt - preferably fleur de sel
<b>2 Tbsp</b>	<b>Roasted Garlic Olive Oil</b>
<b>1 jar (500 ml)</b>	<b>Roasted Red Pepper Sauce</b>
<b>2-3 cups</b>	Red wine
<b>2 cups</b>	Beef stock or water
<b>1 Tbsp</b>	<b>Tuscan Herb Blend</b>
<b>To taste</b>	Salt - preferably fleur de sel
<b>To taste</b>	Pepper - freshly ground

### *instructions*

1. Season each short rib with salt and sprinkle with Tuscan Herbs. Coat the bottom of a large stove/oven proof pot (large enough to hold all the meat and sauce...I like my Emil Henri roaster for this) with Roasted Garlic Olive Oil and heat to high but not smoking. Add the short ribs to the pan and brown very well – about 2-3 minutes per side. Do not overcrowd the pan. Cook in batches if necessary.

2. Preheat oven to 375 degrees F.

3. When the short ribs are very brown on all sides remove them from the pan. Drain the fat from the pan. Pour the Roasted Red Pepper Sauce into the pan. On medium low heat scrape the bottom of the pan to incorporate all the flavour from the beef drippings. Let the mixture come to a slow boil and simmer for 5-7 minutes. Add the wine and further scrape the bottom. Let the mixture simmer and reduce by half. Add salt and pepper to taste. Lower the heat if it starts to burn.

4. Return the short ribs to the pan and add 2 cups of beef broth – or enough to just cover the meat. If you don't have enough broth use water. Add the Tuscan Herb Blend, salt and pepper. Cover the pan and place in the preheated oven for 3 hours. Check periodically during the cooking process and add more stock or water if needed. Turn the ribs over halfway through the cooking time. Remove the lid during the last 20 minutes of cooking to let things get nice and brown and to let the sauce reduce. When done the meat should be very tender but not falling apart. Serve with braising liquid.

**Serving:**

Place the short ribs on a bed of Garlic Mashed Potatoes. Drizzle with braising liquid. Top with steamed green beans and lightly sautéed cherry tomatoes.

Serve with lots of red wine and nice company!