

LE 18

BRAISED BEEF SHORT RIBS



These short ribs take some time and effort to prepare, but the results are worth it as you toast your delicious handiwork with a big, bold glass of Barbaresco Style red.

Yield: 4 servings

INGREDIENTS:

4 thick-cut beef short ribs, about 2 to 2 1/2 lb
Coarse salt and pepper
1 tbsp olive oil
1 leek, white part only, halved and sliced
2 large carrots, chopped
4 cloves garlic, chopped
1/2 cup chopped sun-dried tomatoes
3 tbsp all-purpose flour
1 1/2 cups good quality beef broth
1 cup red wine
1/4 cup balsamic vinegar

To Serve:

1 lb fresh gnocchi
2 tbsp butter
1 clove garlic, minced
6 cups baby spinach

METHOD:

Preheat oven to 325°F.

Season short ribs with salt and pepper. Heat oil in a Dutch oven set over medium. Brown ribs all over. Remove to a plate.

Add leek, carrot and garlic to pot; sauté for 5 minutes. Stir in sun-dried tomatoes and flour; cook for 1 minute. Stir in broth, wine and balsamic vinegar; bring to a boil.

Nestle ribs into pot and transfer to oven; cook, covered, for 1 hour. Uncover and cook for 1 to 1 1/2 hours, turning ribs occasionally. (Skim any accumulated fat off the surface of the sauce as desired.)

To Serve: Meanwhile, boil gnocchi in salted water according to package directions; drain well.

Heat butter in a large, nonstick skillet set over medium heat. Add garlic and sauté for 1 minute. Add gnocchi in a single layer. Top with spinach; cover and cook for 3 minutes.

Uncover and toss gnocchi and spinach until wilted; divide between serving bowls. Top each portion with a rib and spoon over sauce to taste.

WINE PAIRING

BARBARESCO STYLE



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