

Tasty Recipes for You to Try



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Aromatic Glazed Short Ribs

Serves 4

Shared by:

Retired Jackson OBGYN Don Lewis and his wife Patty

Adapted from recipe by Ken Oringer

Ingredients:

Roasted Bones (For Stock)

5 lbs. short rib bones (from your local butcher shop)

Glazed Short Ribs

4 lbs bone-in beef short ribs
kitchen string

Salt and pepper to taste

5 Tbsp. olive oil

3 carrots, roughly chopped

3 celery stalks, roughly chopped

2 onions, roughly chopped

1/2 C. port

1 C. red wine

1 Tbsp. ground coriander

1/2 Tbsp. fennel seed

4 cinnamon sticks

1 star anise

2 bay leaves

1/2 Tbsp. black peppercorns

1/4 inch piece fresh ginger

6 thyme sprigs

5 parsley sprigs

1/2 tsp. lavender

6 cloves garlic

2 juniper berries

4 C. chicken stock

garlic mashed potatoes

thinly sliced radishes (garnish)

slivered scallions (garnish)

celery leaves (garnish)

dill sprigs (optional garnish)

Directions:

Roasted Bones (For Stock)

1. Preheat oven to 450 degrees.
2. Place the bones in a heavy roasting pan and roast for about 20-30 minutes or until dark golden brown.
3. Set aside to use in glazed short ribs recipe.

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Glazed Short Ribs

1. Preheat oven to 300 degrees.
2. Season ribs with salt and pepper.
3. Heat oil in large stockpot and sear ribs until well browned. Add carrots, celery and onions and brown slightly.
4. Add roasted bones, then deglaze the pan with 1/2 C. port followed by the cup of red wine.
5. Add all remaining ingredients, plus enough chicken stock to cover everything. Cover pot with foil and lid and place in 300 degree oven for 2 to 2 1/2 hours or until meat is fork tender but not falling away from the bone.
6. Remove ribs from pot and set aside. Remove roasted bones from pot and discard.
7. Strain liquid through a sieve into a grease separator and degrease using separator container or baster.
8. Return liquid to pot and reduce over medium high heat until it reaches a sauce-like consistency.
9. Place ribs back in the pot in the sauce to glaze. To serve, prepare a bed of garlic mashed potatoes on each of 4 plates. Remove ribs from sauce, disperse evenly among 4 plates and stand upright on the bed of garlic mashed potatoes (for more than one rib on a plate, you might need a little kitchen string to tie the ribs together to help them stand.) Stand thinly sliced radishes around ribs and garnish with slivered scallions and celery leaves or sprigs of dill.

* Don't forget to pour the remaining sauce into a bowl so that you can add more to your plate if needed. Enjoy!

