

BRAISED BC BEEF SHORT RIBS WITH FRESH GREMOLATA



INGREDIENTS

½ cup	Canola Oil	125 ml
4 lbs	BC Beef Short Ribs, bone-in	1.8 kg
2 large	BC Onions, small dices	700 g
6 cloves	BC Garlic, crushed	6 cloves
6 small	BC Carrots, halved	250 g
6 stalks	BC Celery, halved	150 g
5 tbsp	Tomato Paste	75 ml
2 cups	BC Red Wine	500 ml
4 cups	Beef Stock	1 L
6 Sprigs	BC Thyme, fresh	6 Sprigs
Dash	Kosher Salt	Dash
Dash	Ground Black Pepper	Dash



DIRECTIONS

1. Preheat oven to 350F.
2. In a large heavy bottomed Dutch oven, heat oil on high heat.
3. Season BC Beef Short Ribs with salt and sear on all sides. Remove from the pan and set aside.
4. Reduce the heat to medium and sauté onion in all of that rendered fat until slightly brown.
5. Season lightly with salt and pepper.
6. Add garlic and sauté 1 minute more.
7. Add the tomato paste and cook for 30 seconds followed by the BC Red Wine.
8. Simmer the red wine for two minutes to slightly reduce.

8. Add the beef stock and fresh thyme.
9. Gently place the seared BC Beef Short Ribs into the liquid, and bring to a boil.
10. Turn off the heat, place the lid on top and bake for 1 hour and 45 minutes.
11. Carefully remove the lid away from you (watch out for the steam) and add cut BC Carrots and BC Celery.
12. Replace the lid and continue to cook for 45 minutes or until the bones can easily be removed from the beef.
13. Gently remove the beef from the braising liquid.
14. Strain the braising liquid and return it back to the pot.
15. Bring to a boil and reduce to 1 cup (240ml).
16. Taste and adjust seasonings as necessary.
17. Serve with gremolata.

GREMOLATA



Yields:
1/2 cup (125 ml)

INGREDIENTS

1 bunch	BC Flat Leaf Parsley	1 bunch
1 clove	BC Garlic	1 clove
2	Lemons	2

DIRECTIONS

1. Chop the BC Parsley Leaves until fine.
2. Grate the BC Garlic over the parsley.
3. Zest the lemons over the parsley.
4. Quickly continue to mince until well combined.