

COOKING AT BENT CREEK

Cabernet-Soy Sauce Braised Short Ribs

Prep time: 20 minutes

Cook time: 3 hours

Serves: 4

INGREDIENTS:

- 1 onion, finely sliced
- 4 garlic cloves,
- 1 leek, cleaned and finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 4 sprigs fresh thyme, or 1 teaspoon dried thyme
- 1-1/2 cups Cabernet Sauvignon
- 3/4 cup soy sauce
- 1 tablespoon sugar
- 1/2 teaspoon freshly ground black pepper
- 3-1/2 pounds short ribs



PREPARATION:

1. Mix all ingredients except the meat in a large bowl.
2. Add the meat to a 9 x 15-in. roasting pan or a Dutch oven. The meat should be arranged in single layer.
3. Pour the marinade over the ribs and cover them with the marinade.
4. Cover the pan and let the ribs marinate in the refrigerator for at least 6 hours, preferably overnight. Occasionally turn the meat over in the marinade.
5. Remove from the refrigerator 30 minutes prior to cooking.
6. Preheat the oven to 400°F.
7. Uncover the pan and place on the center rack of the oven. Braise the short ribs for 2-1/2 to 3 hours, reducing the heat to 350°F after an hour.
8. Turn the ribs over every hour, basting with the sauce in the pan. Add water to the pan if too much liquid evaporates.
9. Serve the ribs hot on a plate with a bed of polenta or buttered egg noodles.
10. Spoon the reduced sauce over the ribs.