

Sherry Braised Short Rib

A KitchenInspirations Original Recipe

Serves 2-4 people

Ingredients:

- 500 mL beef short ribs
- 200 g onions, finely chopped
- 125 mL beef stock
- 125 mL cooking sherry (or red wine)
- 15 mL (1 tbsp) tomato paste
- 200 g (1 medium) carrot, cut into one-bite chunks
- 120 g (1 stalk) celery, finely chopped
- 20 g (3 cloves) garlic, finely minced
- 3 sprigs fresh thyme
- 1 bay leaf
- Salt and Pepper to taste
- 10 g (1 tbsp) corn starch, dissolved in a small amount of cold water



Directions:

1. Season short ribs with salt and pepper.
2. Brown the short ribs in small batches in a cast iron pan, transfer to a pre-warmed slow cooker.
3. Add onions to the hot cast iron pan and cook until translucent, add celery and garlic and cook until garlic becomes aromatic. Add the carrots and cook for about a minute. Transfer to the slow cooker.
4. Combine the stock, sherry, tomato paste and mix well, use to deglaze the cast iron pan, turn the heat off. Add the cornstarch that has been dissolved in a small amount of water and stir well into the deglazing liquid. Pour the liquid over the meat and carrots in the slow cooker. Stir well.
5. Lay the fresh thyme and bay leaf into the slow cooker and cover with braising liquid. Cook the ribs for 5-6 hours, covered on low or until meat comes cleanly off the bone. Remove thyme sprigs and bay leaf.
6. Serve on top of a bed of cauliflower blue cheese risotto (I didn't jot down the recipe, but [this one](#) would be delicious).

Notes:

- Always brown meat in small batches, otherwise you'll end up steaming them instead of browning.
- I sprinkled the seasoned ribs with Mycryo and got a gorgeous sear.
- My sauce turned out to be the perfect consistency, not soupy at all.