

Beer-Braised Short Rib Of Beef

Serves 4

4 Short ribs of beef, on the bone

Plain flour for dusting

Seasoning

1 Onion, roughly chopped

1 Leek, roughly chopped

2 Carrots, roughly chopped

1 Celery stick, roughly chopped

4 Garlic cloves, peeled and crushed

1 sprig Thyme

1 sprig Rosemary

1 tbsp Tomato puree

1 pint Dark beer

Lightly dust the ribs with seasoned flour and brown in a hot, lightly oiled pan. Remove from the pan and place in a casserole dish (just big enough to fit the 4 ribs snugly). Add the vegetables and garlic to the pan and sweat until golden brown. Add the tomato paste and cook for 2-3 minutes. Add the beer to deglaze the pan and bring to a simmer (do not boil). Pour over the ribs. Add the rosemary and thyme and if necessary top up with a little water, so the ribs are just covered. Cover and cook at 150C for 2 ½ hours, until the meat is soft and tender and comes away from the bone easily.

Remove the ribs from the casserole dish and keep them warm. Strain the braising liquor into a saucepan and return to the heat. Reduce until the sauce has thickened (so it coats the back of a spoon) and season to taste.

Serve the ribs with horseradish mash and roasted seasonal root vegetables. Spoon the sauce over the ribs and around the plate.

