Ribs - Daube of Beef Short Ribs Picholine

Show: Dec 18th

Ingredients :Serves 6

6 cups dry red wine
1 Tbls minced garlic 1 1/2 bay leaves
2 Tbls minced fresh thyme
Two 3 X 1 1/2-inch strips fresh orange zest
1 Tbls whole black peppercorns
4 lb. beef short ribs
2 Tbls olive oil
1 large onion, chopped
1 celery rib, chopped
1 carrot, chopped
2 Tbls all-purpose flour
4 cups beef broth
Coarse salt
Freshly ground black pepper
Diced roasted vegetables such as carrots, parsnip, or celery-root, if desired

To make the marinade:

In a large saucepan combine wine,garlic, bay leaves, thyme, orange zest, and peppercorns and simmer 10 minutes. Remove pan from heat and cool marinade completely, uncovered.

Pour the marinade over the short ribs in a bowl, and chill 24 hours.
When ready to cook, remove the meat from the marinade and pat it dry
with paper towels. Strain the marinade into a saucepan and reduce
it over moderately high heat until one-quarter reduces it.

To brown the meat, heat a large sauté pan with enough oil and butter to make a 1/4-inch layer on the bottom. Place the pan over moderately high heat. When the bubbles subside, arrange the meat in the pan at l/2-inch intervals. Using tongs, turn the meat to brown it all over before transferring to a 3-quart enamel casserole. Repeat with the rest of the meat, keeping a layer of oil and butter on the bottom of the pan and taking care not to burn the pan.

When all the meat has been browned, pour off all but 2 Tbs. of the fat in the pan and stir in the onion and carrot. Cook, stirring with a wooden spoon or spatula until the vegetables are soft about 5 minutes. Sprinkle in the flour and press it into the vegetables with the back of the spoon. Cook until the flour becomes brown in color. Pour in the reduced marinade and bring to a boil. Pour this mixture over the meat. Add enough stock to barely come up to the top of the meat. Bring to a boil, stirring, on top of the stove. Cover the casserole and place it in a 350° oven until the meat is tender, about 3 hours.

To finish the daube, allow it to rest for 10 minutes and spoon off any fat that accumulates on the top. If reheating, stir gently over moderate heat until the stew begins to simmer. At this point you need to determine if you have the right amount of liquid for the stew. If there is too much liquid, remove the meat to a plate and reduce the liquid over high heat, stirring with a flat wooden spatula until the desired consistency is reached.

Remove the bones and gristle from the ribs if desired. Return the meat to the stew. Add salt and pepper to taste. Serve with horseradish mashed potatoes. (Recipe adapted from GOURMET Magazine, Feb/96)

« Back to List of Recipes