



- beef shortribs
- beef broth or red wine, or a combination of both
- salt and pepper for seasoning
- fresh marjoram, thyme, rosemary or sage, or some combination of these

Braising is a cooking technique in which the main ingredient is seared, or browned in fat, and then simmered in liquid on low heat in a covered pot. Cooking with this method results in meat that tastes great and you also get delicious broth, sauce or gravy.

This technique works well with other less tender cuts of meat. These cuts tend to have more connective tissue that breaks down making the meat tender and flavorful. A lean cut from the loin area is a waste to braise because the meat is already tender and has little fat or connective tissue.

In addition to short ribs, try braising a top blade roast, a chuck eye roast, a seven bone roast or a brisket.

Braised Short Ribs

Braised short ribs make a hearty dinner for fall or winter as the days are growing shorter and there is a chill in the air. They are rich and provide more beef flavor than other cuts of beef.



Heat a Dutch oven or a heavy frying pan (one that has a tight fitting cover), then add a little oil and heat the oil until it just begins to smoke.

Season the short ribs on all sides with salt and pepper.

Add the short ribs to the hot pan and brown them on all sides.

When the ribs are browned, add enough liquid to the pan to come about halfway up the sides of the ribs. Add the fresh herbs and cover the pan.

At this point you have two options; you can lower the heat and simmer until the ribs are tender, or you can place the whole pan (provided it's ovenproof) in the oven at 325 degrees and bake the ribs. What's important is that the ribs cook slowly in the liquid and that the liquid never evaporates.

Check for doneness periodically. The ribs should take 3 to 4 hours of simmering.

Remove the ribs from the pan and strain the liquid into a glass measuring cup. Allow the fat to rise to the top and then separate the fat from the juices. Return the juices to the pan and reduce over high heat, or use the fat to make a roux and then using the roux thicken the juices into a gravy. Serve the reduction or the gravy with the ribs.