

BRAISED SHORT RIBS OVER CREAMY POLENTA

INGREDIENTS

- 3 T Olive oil
- 6 lbs Short Ribs (individual) (cut) (meaty) (bone-in)
- 1 t Black pepper (freshly ground)
- 1 Onion (yellow) (chopped)
- 2 Carrots (diced)
- 6 cloves Garlic (chopped)
- 1/3 C Flour (your choice)
- 2 C Red wine (hearty)
- 3 C Beef stock **OR** broth
- 2 T Tomato paste
- 1 T Rosemary (minced) (fresh)
- 1 Bay leaf
- 1/2 C Nutritional yeast

- 3 C Water
- 1 1/3 C Polenta (quick cooking)
- 1 C Quinoa milk (unsweetened) **OR** Hemp milk
- 2 t Salt



DIRECTIONS

- 1 Pre-heat an oven to 325F & in a Dutch oven (large pot) heat 2 T oil over medium-high heat
- 2 Season the short ribs with pepper (to taste)
- 3 In batches, add the short ribs to the pot & cook, turning occasionally, until browned on all sides (5-6 minutes per batch) & transfer to a plate
- 4 Add the remaining 1 T oil to the pot & heat
- 5 Add the onion & carrots & cook, stirring occasionally, until the onion softens (5 minutes)
- 7 Stir in the garlic & cook until fragrant (1 minute) & then sprinkle in the flour & stir well
- 8 Slowly stir in the wine & then stock, tomato paste, rosemary & bay leaf & put the ribs in the pot
- 9 The short ribs should be barely covered with liquid but if not as hot water as needed
- 10 Bring the liquid to a boil & cover the pot & place it in the oven & cook
- 11 Move the ribs every 45 minutes to be sure that they are covered with liquid & are cooking evenly, until very tender (2 1/2 hours) & then transfer the ribs to a deep bowl & tent with aluminum foil
- 12 Let the cooking liquid stand (5 minutes) & skim off the fat from the surface & discard
- 13 Bring to a boil over high heat, cook, stirring until reduced by about 1/4 size (about 10 minutes)
- 14 Discard the bay leaf & return the short ribs to the pot
- 15 Just before serving, make the polenta by placing the water, milk & salt in a heavy saucepan
- 16 Boil over high heat & slowly whisk in the polenta & reduce the heat to medium-low
- 19 Cook, whisking often, until the polenta is thick (about 2 minutes) & then add the nutritional yeast
- 20 Place the polenta on a serving dish & top with the ribs & sauce

NOTES

- 1 Serves 6
- 2 After the 2 1/2 hours of cooking the ribs, the meat may separate from the bones but that's ok