

Smothered Beef Short Ribs

Savannah · 30/09/2024



Prep Time

2 hrs 50 mins

Difficult

Medium

Servings

6

Description

No oven is needed for this beef short rib recipe. Instead, your stovetop does double duty: first in searing floured ribs, then in simmering them with vegetables and herbs in a savory mixture of wine and stock. This dish is great served over mashed potatoes.

Ingredients

— - 4 pounds beef short ribs - salt and pepper to taste - 1 cup all-purpose flour - ½ cup olive oil - 2 cups chopped onions - 1 cup chopped celery - 1 cup chopped carrots - 2 tablespoons minced garlic - 1 tablespoon dried thyme - 3 large bay leaves - 1 cup red wine - 8 cups beef stock - ¼ cup chopped fresh parsley

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Season ribs with salt and pepper
2. then dredge in flour. Dotdash Meredith Food Studios Heat oil in a large pot over medium-high heat. Sear ribs in hot oil in small batches
3. adding oil as needed
4. 2 to 3 minutes per batch. Transfer to a plate. Dotdash Meredith Food Studios Add onions to the pot and sauté for 2 minutes. Add celery and carrots; sauté for 1 minute. Dotdash Meredith Food Studios Season with salt and pepper
5. then stir in garlic
6. thyme
7. and bay leaves. Cook until fragrant
8. about 1 minute. Dotdash Meredith Food Studios Pour wine into the pot and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Add stock and bring to a boil. Dotdash Meredith Food Studios Reduce the heat to low and add ribs. Dotdash Meredith Food Studios Simmer until meat pulls away easily from the bone and sauce has thickened
9. about 2 hours. Dotdash Meredith Food Studios Discard bay leaves. Stir in parsley and serve. Dotdash Meredith Food Studios Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients
10. cooking liquid/sauce
11. and vegetables. The actual amount consumed will vary.