



KANONKOP

WINE ESTATE



Braised Beef Short Rib

INGREDIENTS:

- 1 kg Beef short rib (on the bone)
- 125g streaky bacon cut into lardons
- 3 tbs olive oil
- 4 cloves garlic
- 1 rounded tbs tomato concentrate
- 1 large onion chopped
- 2 stalks of celery, sliced thinly across the grain
- 1 tsp salt
- 1 tsp black pepper
- 450ml Red wine
- 250ml Beef stock
- 1 bay leaf
- 1 rounded tsp Dijon mustard
- 1 tsp dried thyme, or 3 sprigs of fresh thyme

METHOD:

Add a tablespoon of the oil to a heavy bottomed pot or Dutch Oven and add the bacon. Sauté the bacon then remove from the pot with a slotted spoon and set aside. Season the beef with salt and pepper, add an additional tablespoon of olive oil to the bacon fat and brown the beef on all sides in batches, taking care not to over-crowd the pot. Remove and set aside.

Pour off the excess fat, retaining about a tablespoon, add the onion and celery and sauté until transparent. Add the minced garlic with the tomato paste and cook stirring for two minutes. Return the beef to the pot, add the red wine, bring the pot to a boil and simmer until the wine has reduced to about a half. Now add the stock, bay leaf & thyme then cover with a lid and cook in a pre-heated 180° C oven for two and a half hours.

Once cooked, place the pot on the stove top and using a slotted spoon remove the beef ribs and place on a serving dish.

Pour the braising liquor carefully through a sieve set over an ovenproof bowl. Return the strained braising liquor to the pot and reduce over medium to high heat to the point that it coats the back of a spoon.

Stir in the mustard, adjust the seasoning and pour over the beef.

Serve with mashed potato or polenta and a tray of oven roasted vegetables, and a bottle of Kanonkop Cabernet Sauvignon.

