



Braised Short Ribs with Cranberry Demi-glace and Mashed Sweet Potatoes

Creamy mashed sweet potatoes topped with cipioli onions, tender short ribs and a cranberry red wine demi-glace.

INGREDIENTS

Braised Short Ribs:

1.8 kg Bone-in beef short ribs

Salt and pepper, to taste

30 mL Olive oil

1 Onion, diced

2 Carrots, diced

2 Celery stalks, diced

4 Cloves garlic, minced

480 mL Beef broth

240 mL Dry red wine (like Cabernet Sauvignon)

30 g Tomato paste

2 sprigs Fresh thyme

2 sprigs Fresh rosemary

2 Bay leaves

450 g Cipollini onions, peeled

Cranberry Red Wine Demi-Glace:

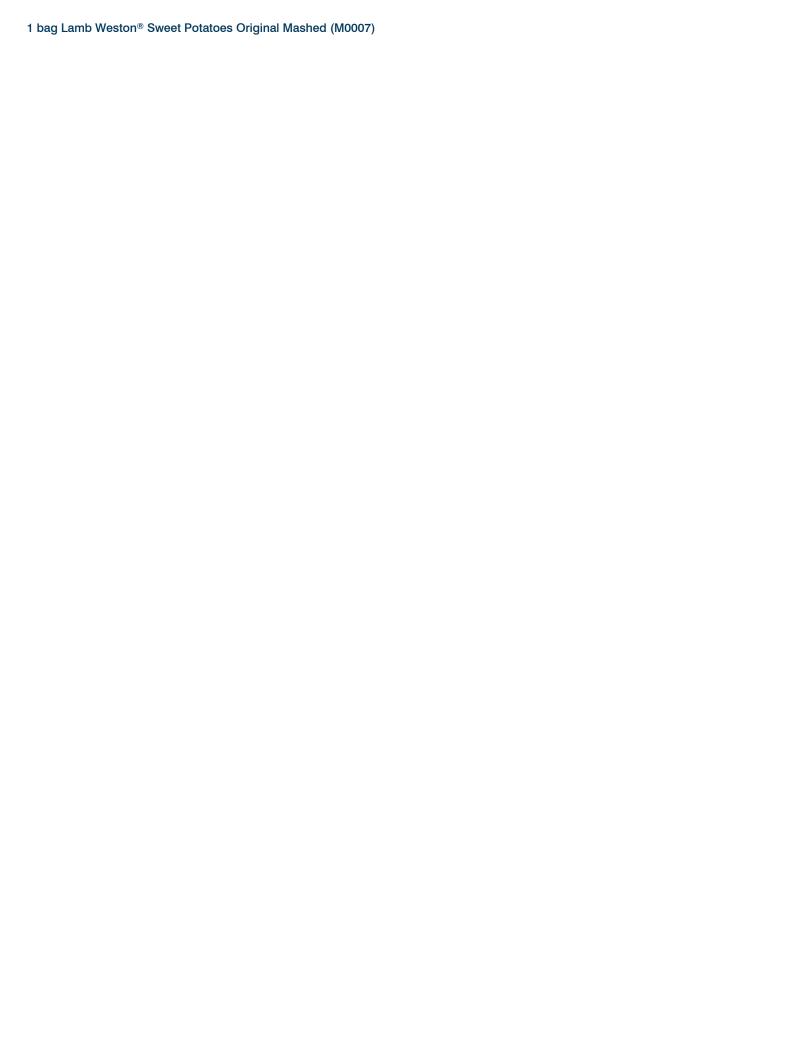
240 mL Red wine

950 mL Beef demi-glace

150 g Cranberries

30 g Butter

Salt and pepper, to taste



DIRECTIONS

1. Prepare	the Short Ribs:
- 1	Preheat your oven to 175°C.
1	Season the short ribs generously with salt and pepper.
- 1	In a large Dutch oven, heat the olive oil over medium-high heat. Sear the short ribs on all sides until browned, about 3-4 minutes per side. Remove and set aside.
2. Sauté the Vegetables:	
- 1	In the same pot, add the onion, carrots, and celery. Sauté until softened, about 5-7 minutes.
1	Stir in the garlic and cook for an additional minute.
3. Deglaze and Braise:	
1	Pour in the red wine, scraping up any browned bits from the bottom of the pot. Let it simmer for about 2-3 minutes.
- 1	Add the beef broth, tomato paste, thyme, rosemary, and bay leaves. Bring to a simmer.
- 1	Return the short ribs to the pot, making sure they're submerged in the liquid. Cover the pot with a lid and transfer it to the preheated oven.
4. Cook the Ribs:	
ı	Braise in the oven for 2.5 to 3 hours, or until the meat is tender and falling off the bone. Add the onions for the last 30 minutes to the braising liquid.
ı	Remove from oven, holding in the braising liquid.
5. Prepare the Demi-Glace:	

6. Prepare Lamb Weston® mashed sweet potatoes to manufacturer's specifications.

In a saucepan, bring the red wine and cranberries to a simmer, add in the demi-glace, bring to a simmer.

DIRECTIONS

Yield

4 lbs.