



## Quality Veal Recipe Ideas

### Chuck Short Ribs a la mode



#### INGREDIENTS

- 2 kg (4.4 lbs) chuck short ribs
- 125 ml (1/2 cup) olive oil separated in 2 equal portions
- Kosher salt and freshly ground black pepper to taste
- 1 medium onion, chopped
- 2 carrots, chopped
- 1 large tomato, quartered
- 3 celery sticks, chopped
- 10 garlic cloves, peeled
- ¼ bunch fresh thyme
- 375 ml (1 ½) cups dry red wine
- 500 ml (2 cups) veal or beef stock (low sodium preferred)
- 60 ml (¼ cup) chopped flat leaf parsley

#### PREPARATION

1. Preheat a cast iron grill.
2. Season short ribs with salt and pepper, drizzle with 1 portion of the olive oil, and brown all sides, set ribs aside.
3. In a food processor blend onion, garlic, celery, carrot, and tomato until smooth (vegetable pulp).
4. Take a large Dutch oven and place over medium-high heat. Add the other half of the olive oil, add thyme to infuse oil. Add vegetable pulp, season with salt and pepper to taste, and cook for about 10 minutes. Pour in red wine and stock and bring to a boil. Place ribs into Dutch oven. The liquid should just about cover the meat. Place the lid loosely on top, reduce heat to a simmer and cook for approximately 2 1/2 to 3 hours until meat easily falls off the bone.
5. When ribs are about finished, remove about 1 to 2 cups of liquid and strain into a small saucepan over medium-high heat. Heat sauce until slightly reduced and thickened, about 5 minutes.
6. Pour sauce over ribs and serve with a side of potatoes and salad.