

GRACE GOUDIE

One Pot Shot: Cabernet Braised Short Ribs Recipe

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INGREDIENTS:

- 3 ea short rib, bone-in
- 1 ea yellow onion
- 4 tbsp tomato paste
- 2 ea garlic cloves
- 1 ea bay leaf
- 1 ea thyme sprig
- 1 ea rosemary sprig
- 1 bottle cabernet red wine
- 1 tbsp neutral oil
- TT salt
- TT pepper

DIRECTIONS:

1. **To prep:** Generously season the short ribs with salt and pepper. Peel and large dice the onion. Smash the garlic.
2. **To sear ribs:** Heat up a dutch oven (I LOVE my [Le Creuset](#)) with 1 tbsp of oil. Once hot, place the short rib in the pan to develop a golden brown sear. *Pro Tip: Developing a deep color allows the beef to develop more flavor. This is known as the Maillard reaction, which is basically a chemical response from the amino acids and sugars in the meat.* Once the ribs are seared on all sides, take the beef out of the pan and set aside.
3. **To prepare the cooking liquid:** In the same pot, use the beef fat to saute the onions and garlic. Add the tomato paste and let this caramelize slightly. Pour in the red wine a little at a time and scrape all the golden brown goodness from the bottom. We call this “fond,” this is ALL flavor! Reduce the wine by half.
4. **To braise the beef:** Once the liquid is reduced, add the beef back to the pot. Add the aromatics (these are the herbs). Bring this all to a simmer and cover. Put the pot in a 225°F oven for 5-6 hours, or until fork tender. *Pro tip: Be careful not to ever boil the liquid while the short ribs are in it, this will cause the short ribs to become quite tough.*