

Braised beef short ribs, port wine reduction, mashed potatoes with truffle oil, green beans

Recipe for 4

Description

The perfect partner for a football game.

Note

You can easily cook your ribs 2 to 3 days in advance. Then, warm them up at 350°F, they'll only be tastier.

Ingredients

Beef short ribs

- 3 Tbsp Chipotle pepper in adobo sauce
- 800 Gr Short ribs beef
- 2 Unit(s) Onion
- 2 Sprig(s) Celery
- 2 Large Carrot
- 4 Unit(s) Crushed garlic
- 30 Gr Fresh ginger
- 125 Ml Port wine
- 2 Unit(s) Guinness bier
- 1 Unit(s) Can of crushed plum tomatoes (28 oz)
- 3 Sprig(s) Rosemary
- 2 Unit(s) Bay leaf
- 1 Unit(s) Star anise

- Salt and pepper
- Vegetable oil

Potatoes

- 2 Lb Fingerling potatoes
- 1 Dash Truffle oil
- 1 Handful(s) Coarse salt
- 100 Gr Butter

- Salt and pepper
- Vegetable oil

Green beans

- 2 Lb Green beans
- 1 Clove(s) Chopped garlic
- 1 Nut(s) Butter

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **210 mins**
- Preheat your **Oven** at **350 F°**
- Resting time **0 mins**

Prep

Peel and cisel the onions.
Peel and slice the carrots.
Chop the celery.
Wash the potatoes.

Short ribs

Rub the ribs with the chipotle pepper and season wtih salt and pepper,

In a large pot, warm half of the canola oil and cook the onions with carrots, celery, garlic and ginger for 2 minutes at medium heat then put aside.

In the same pot, put the rest of the canola oil. Sear the meat on each side at medium/high heat one rib at the time to really grill the meat and not boil it. Put them all together once done in the pot and add back the vegetables and mix well.

Add the Port wine, let reduce then add the 2 beers, tomatoes and enough water to cover the meat. Add the rosemary, bay leaves and star anise. Season with salt and pepper.

Bring to a boil and reduce the heat to low. Cover the pot with lid and let cook for 3 hours or until you can easily separate the meat from the bones.

Remove from heat. Remove bay leaves, rosemary and star anise. Put aside the ribs in the oven at low heat just to keep them warm.

Using a hand mixer, blend the ssauce until smooth. Season to taste and put back the ribs in the sauce under lid to keep warm.

Potatoes and beans

Mashed potatoes

Put your potatoes in a pot in a large volume of cold salted water. Bring to a boil and cook for 20 minutes or until you can go threw easily with the tip of a knife.

Using a potato masher, crush the potatoes and add butter. Season with salt and pepper.

Add a dash of truffle oil.

Beans

Blanch the beans in boiling salted water for 5 to 7 minutes. Don't over cook them.

Cool them right away in ice cold water to stop the cooking process and fix the colour.

Right before serving, warm them in a pan with a knob of butter and chopped garlic. Season with salt and pepper.

Plating

In your plate, start with a nice spoon of mashed potatoes and put 2 ribs on top.

Coat the ribs with sauce.

Put a bunch of green beans on the side.

Garnish with few leaves of parsley and fresh ground pepper.

Bon appétit!