

# Cooking Light

JAN/FEB 2010

EASY, HEALTHY  
OUR  
TEXAS-STYLE  
ALL-VEGGIE

## The COOKING LIGHT Way to Eat

### Braised Beef Short Ribs

Serve this hearty winter dish over mashed potatoes. You can prepare the entire dish ahead and reheat just before serving. Reheat the beef on the grill to give a hint of smoky flavor, if you like. Veal demi-glace—veal stock reduced to a concentrated gelatin—adds depth and richness to the sauce. Our favorite brand is Bonewerks CulinarTE, which is available at [lobels.com](http://lobels.com) under the pantry section. Williams-Sonoma also carries a store brand.

- 1.1 ounces all-purpose flour (about  $\frac{1}{4}$  cup)
- 8 (2 $\frac{1}{2}$ -ounce) beef short ribs, trimmed
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- $\frac{3}{4}$  cup diced onion
- $\frac{1}{3}$  cup diced celery
- $\frac{1}{3}$  cup diced carrot
- $\frac{1}{4}$  cup chopped leek
- 1 garlic clove, minced
- 10 whole black peppercorns
- 5 juniper berries
- 3 fresh thyme sprigs
- 2 bay leaves
- $\frac{1}{4}$  cup veal demi-glace
- $\frac{3}{4}$  cup hot water
- $\frac{1}{2}$  cup dry red wine
- Thyme sprigs (optional)

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into dry measuring cup; level with a knife. Place flour in a shallow dish. Sprinkle beef

evenly on all sides with salt and pepper; dredge in flour. Heat a large Dutch oven over medium-high heat. Add oil to pan, and swirl to coat. Add beef to pan; sauté for 8 minutes, turning to brown on all sides. Remove beef from pan.

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**WINE NOTE** With the richness of short ribs, you need to pull out a cabernet as an accompaniment. (Well-marbled beef loves to tame this grape's tannins.) Slingshot 2006 Cabernet Sauvignon is a Napa bottle that, at \$23, won't break the bank. But it offers beautiful nuances of cedar, spice (juniper's a big player), and aromatic dried cherries, with bright acidity.

—Sara Schneider

CALO  
PROTEIN 13.4g; CARB 11.5g; FIBER 1.3g; CHOL 34mg;  
IRON 2.1mg; SODIUM 718mg; CALC 31mg