



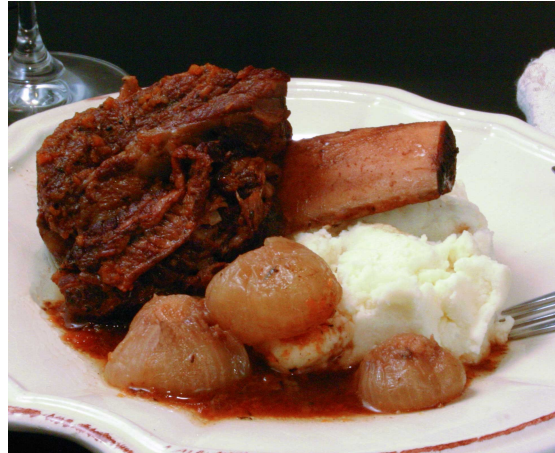
## Balsamic Braised Short Ribs

Recipe & Photo by Chef Erin Coopey

*Serves 4*

### Ingredients:

2 1/2 pounds beef short ribs,  
cut into 2-inch pieces  
Salt and pepper to taste  
1 tsp dry thyme  
4 tbsp butter  
1/2 cup diced carrots  
2 cups cippolini onions, peeled and left whole  
or 2 cups quartered sweet onions  
1 bay leaf  
1/2 cup balsamic vinegar  
2 cups beef broth



### Method:

Season short ribs with salt, pepper and thyme. Cover and refrigerate until an hour before cooking.

Preheat oven to 275 degrees.

Heat butter in a large skillet or Dutch oven over medium heat. Brown short ribs on all sides, turning ever 3 to 5 minutes. Remove short ribs to a plate and loosely tent with aluminum foil. Add the onions, carrots, and bay leaf to the skillet. Cook, stirring occasionally, about 10 minutes. Then add balsamic vinegar and broth and bring to a simmer.

Place ribs on top of vegetables, bone side up. Pour any juices that accumulated on the plate into the skillet. Cover tightly with a lid or foil, and place in oven. Braise 3 hours, until meat is tender and starts falling off the bone.

Lift ribs and cippolini onions out of braising liquid and set aside on a warm platter. Strain liquid, pressing down with the back of a spoon on the carrots to extract all the juices. Discard carrots. Allow braising liquid to settle and skim off fat. Taste the liquid; if it has reduced too much or is salty, add water.

Spoon braising liquid over the ribs and serve with **Airfield Estate's 2008 Aviator**.

*Recipe Created by Chef Erin Coopey  
Culinary Artist Enterprises  
culinary-artist.com  
epicureanerin.blogspot.com*