

BASE ESSENTIALS

Base Essentials Beef Short Ribs			
Ingredients:	Quantity	Unit	Notes
Base Essentials Beef Base	2	tsp.	
Beef Short Ribs	5	lbs	
Olive Oil	2	Tbsn	
Garlic	3	cloves	Minced
Carrot	8	oz	Chopped, 1/4"
Celery	2	Ribs	Chopped, 1/4"
Onion	1	ea	Chopped, 1/4"
Water (Hot)	2	cup	
Tomato Paste	2	Tbsn	
Red Wine	2	cup	
Fresh Thyme Sprig	2	ea	
Bay Leaf	2	ea	
Salt & Pepper	1	Tbsn	
Salt & Pepper			To Taste

1. Preheat Oven to 325 degrees
2. Season the short ribs with 1 Tbsn Salt & Pepper
3. Heat oil in large pan on high and sear the short ribs to brown on all sides
4. Reduce heat to medium, add onion and garlic and saute for 2 minutes
5. Add carrots and celery and cook for 5 minutes
6. Add tomato paste, wine, water and Base Essentials Beef Base, heat and stir until tomatoe paste and Base Essentails Beef Base are dissolved
7. Return short ribs to the liquid, cover and transfer to oven for 3 hours or until the meat is fork tender.
8. Remove from oven, remove short ribs. Strain and return to pan. Simmer to reduce by 1/3 to 1/2
9. Add Salt & Pepper to taste
10. Return short ribs to pan and turn to coat evenly before serving

