

Savory Braised Short Ribs from KellyintheKitchen

INGREDIENTS

5-6 short ribs (I actually prefer boneless short ribs, but my store was sold out, so I used bone-in. Boneless usually don't need to cook quite as long, so keep that in mind if you go for boneless.)

butter

olive oil

salt and pepper to taste

2 small onions (or 1 large onion), diced

1 1/3 cups carrots, sliced into segments

2 cloves garlic, minced

1/4 tsp ground cumin

pinch of red pepper flakes (or to taste)

1/2 tsp dried thyme

1 bay leaf

1 tbsp Worcestershire sauce

4 cups stock (beef stock would be best, but all I have is my homemade chicken stock, and it does the trick)

optional: 1 1/2 cups frozen peas (*J'adore les petits pois.*)

DIRECTIONS

Preheat oven to 350 F.

In a Dutch oven or other large, stovetop- and oven-safe pot with a lid, heat butter and olive oil on medium high. Season each side of the short ribs with salt and pepper, and brown them in batches, careful not to crowd the pan. This step isn't to cook them through, but rather to give them a bit of color. Once all the short ribs have had their time to brown, set them aside.

Turn the heat down to medium and add more oil to the pan if necessary. Toss in the carrots, onions, and garlic. Cook until softened, and then stir in the cumin, red pepper flakes, thyme, and bay leaf. Cook until fragrant, and then pour in the Worcestershire sauce. Stir the veggies around as it steams, and then nestle the short ribs back into the pan. Pour in the stock and bring to a bubble. Taste for seasoning, and add salt as needed.

Place the top on the pot and put the whole thing in the oven. Cook for 2 1/2 hours, checking occasionally to make sure you have enough liquid.

Once they're falling-off-the-bone tender, the short ribs are done, so take the dish out of the oven and remove the bay leaf. Use a large spoon to remove some of the fat from the top of the juices. Then, if you like, stir the peas in and then re-cover the pot, letting the heat cook them through. That's it!