

BEEF SHORT RIBS

4 LBS OF BONELESS BEEF SHORT RIBS*
1 LARGE BROWN ONION
4 CLOVES OF GARLIC
FRESH THYME, PARSLEY AND BAY LEAF
CONCENTRATED TOMATO PASTE
2 BOTTLES OF DARK BEER SUCH AS NEGRO MODELO
24 MEDIUM CARROTS

*IF POSSIBLE, HAVE YOUR BUTCHER REMOVE THE BONES BUT KEEP THE SHORT RIBS IN LARGE PIECES, TO BE CUT UP AFTER BRAISING.

PRE-HEAT OVEN TO 300°

HEAT 4 TBSPS OF VEGETABLE OIL IN A LARGE DUTCH OVEN.

DRY THE SHORT RIBS THOROUGHLY WITH PAPER TOWELS. SALT AND PEPPER.

WHEN THE OIL IS VERY HOT, BROWN THE SHORT RIBS ON BOTH SIDES.

MEANWHILE, PEEL AND DICE THE ONION, A COUPLE OF CARROTS AND CHOP THE GARLIC.

REMOVE THE BROWNEED RIBS TO A PLATE. POUR OFF THE FAT FROM CASEROLE. MELT 3 TBSPS OF BUTTER IN IT AND ADD THE DICED VEGETABLES. REDUCE THE HEAT TO LOW, COVER AND SWEAT FOR A FEW MINUTES. THE VEGETABLES SHOULD BE TRANSLUCENT BUT NOT BROWNEED.

TIE TOGETHER 3 SPRIGS OF THYME, 10 PARSLEY STEMS AND THE BAY LEAF WITH COTTON STRING.

ARRANGE THE SHORT RIBS IN THE POT WITH THE HERB BUNDLE. POUR IN BEER, BRING TO A BOIL FOR 1 MINUTE, THEN REDUCE THE HEAT TO LOW. COVER AND PLACE IN THE OVEN.

BRAISE FOR AT LEAST TWO HOURS. CHECK TO SEE IF THE SHORT RIBS ARE TENDER. IF NECESSARY COOK ANOTHER 30 MINUTES. TURN OFF THE OVEN AND ALLOW TO COOL INSIDE.

DISCARD HERBS. REFRIGERATE OVERNIGHT.

THE NEXT DAY, REMOVE THE FAT WHICH HAS CONGEALED AT THE TOP. HEAT ON TOP OF THE STOVE . REMOVE THE MEAT.

STRAIN THE LIQUID AND RETURN TO THE POT. BRING TO A BOIL AND REDUCE BY ONE THIRD.

PEEL OR SCRUB CARROTS AND TRIM, LEAVING A BIT OF GREEN. FILL A DEEP-SIDED FRYING PAN WITH WATER. BRING TO BOIL. SALT GENEROUSLY. BOIL THE CARROTS TILL A BIT UNDERDONE.

CUT THE SHORT RIBS INTO SERVING PIECES AND ARRANGE IN THE POT ON TOP OF THE CARROTS. BRING TO A SIMMER AND COOK FOR ABOUT 15 MINUTES UNTIL THE CARROTS ARE TENDER.

DIVIDE SHORT RIBS ONTO INDIVIDUAL PLATES AND ARRANGE CARROTS AROUND THEM. GARNISH WITH CHOPPED PARSLEY.

SERVES 6-8