

Short Ribs alla Genovese

fillet's w/ palette

Serves 6

From Nate Appleman of A16 and SPQR in San Francisco. Cooking time can vary quite a bit since it depends on how large the ribs are and other factors. The best thing is to make them in advance, refrigerate and reheat before serving.

- 4 pounds beef short ribs**
- Kosher salt**
- Black pepper**
- ½ cup extra virgin olive oil, plus extra for finishing**
- 1½ cups red wine**
- ½ carrot, finely chopped**
- 1 stalk celery, finely chopped**
- 1 salted anchovy, soaked, filleted and minced**
- 2 cloves garlic**
- 5 black peppercorns**
- 4 red onions, thinly sliced**
- 3 tablespoons red wine vinegar**
- 1 sprig rosemary**

Instructions: Trim some of the fat from the short ribs, leaving the tough outer sinew and silver skin intact. Season each piece evenly with salt and refrigerate at least overnight or for up to 3 days.

Preheat the oven to 275°.

In a heavy-bottomed pot or Dutch oven, heat ¼ cup olive oil over medium-high heat. Sprinkle the short ribs with pepper and add in batches, being sure not to crowd the pot. Brown each piece evenly on all sides. Transfer to a plate and set aside.

Pour out the fat, leaving behind any browned and caramelized bits of meat, which will add flavor. If there are any burned bits, wipe out the pot.

In a small pot, reduce the wine to about ½ cup and set aside.

For the sauce, add remaining ¼ cup olive oil to the heavy-bottomed pot and heat over medium

heat. Stir in the carrot and celery and sweat slowly for a few minutes, lowering the heat to prevent the vegetables from burning or browning too aggressively. Stir in anchovy, garlic cloves and peppercorns and continue to cook for a few minutes. Add onions with a pinch of salt and cook, stirring occasionally, until soft and translucent. Stir in vinegar and wine and remove the pot from heat.

Return short ribs to pot with rosemary sprig and cover tightly with aluminum foil or a lid. Transfer to oven and braise until short ribs are tender and bones can be pulled away easily from the meat, anywhere from 2½-4 hours or more.

When the meat is tender, remove from the sauce. If not serving right away, refrigerate meat and sauce separately.

Skim fat from sauce, then put meat and sauce into a large saucet. Cover so the lid is resting partway on the pot, and heat over medium heat, simmering so that the sauce reduces and thickens somewhat, about 20 minutes.

Adjust seasonings, and serve the meat with some of the juices in shallow bowls.

You can also cook pasta separately and use some of the juices as a sauce for a first-course pasta.

Per serving: 390 calories, 25 g protein, 9 g carbohydrate, 24 g fat (8 g saturated), 73 mg cholesterol, 84 mg sodium, 2 g fiber.