

# Ivey's In My Kitchen™

## SUCCULENT SAVORY LIP-SMACKIN' TIME SAVIN' SHORT RIBS



through the house is so good it makes you hunger for what you smell. That's what these short ribs do. With everyone being home together, we all have pitched in to keep our house running. I appreciate the sacrifices my kids are making right now, just on the edge of being on their own and trapped at home with their parents. I, on the other hand, am blessed by the extension of their growing up. There, I said it, out loud, the selfish thing. I love my kids and more than that, I like them. I like them even more when they cook. Yes, I'm serious. I write this article to tell you about how my kids helped take a complicated, all day recipe and trimmed it down to approximately four hours from start to eat. I'd say 45 minutes for prepping the ingredients, 15 minutes, inside of 30 for the initial sear. Another 15 minutes to reduce the wine and awaken the aromatics. A short assemble of all the ingredients and then three silent hours at 350 to make your house smell like a home. I'm amazed at how they all contributed, my Husband too, to making the best version of short ribs I've ever had. And I am somehow going to try to find a way through the tangled jungle of experiences in my mind to repeat it to you. I really hope you try this!

First, we're going to talk about the bones, the ribs, and the meat. Size matters, bigtime. You want a short rib that closest resembles a brick. Sometimes the pre-cut pre-packed short ribs are small; I can't do anything with that. I need a huge hunk of meat because of shrinkage. You all know about shrinkage, right? When the finished

**I** have an incredible dish for you. I'm battling with calling it a recipe, you'll understand why. I have been trying to write about this dish since 2003. Many times I have sat down at this very laptop and began to try to tell you, and try to explain, but circumstances always got in the way. Life, right? I started making this dish almost thirty years ago and as I write,...and re-write it, I am realizing that it has gone through as many changes and transformations as I have along the way. It came with me into adulthood, and morphed with me, while I tried out every culinary finger on the hand that I could think of to explore.

I'm not trying to make this about myself; this dish has evolved alongside my little family. My children, who are not so little anymore, they're actually pretty great. I make this for them, for the holidays, celebrations and family visits. Short ribs are for chilly days spent in the kitchen, taking hours to prepare. A whole day when the air flowing



meat has shrunk halfway down the bone. So I always speak to the butcher and ask if there are any, still uncut, left and politely request the large size that I like. FYI, Stu Leonard's has great ones so far this season in their pre-cut section. It's where I have been getting mine. When you're feeding a large crowd big thick bricks are imperative, if you are lazy and want to cut your cooking time while increasing your meat intake, it also matters. So think BRICK.

In the old days I used to tie up each individual rib to its bone, this is unnecessary. Completely and utterly unnecessary, and a time suck, and a waste of good kitchen twine, really, don't do it. No matter their size, the raw short rib needs to be oiled (We of course used our Ivey's In My Kitchen, Magic Oil), salted and seared. This is something I used to do at the stove, standing for hours, searing each individual rib while I fought off burn splatters to my wrists. It was worth it, I thought. But, like the tying of the string, this step is unnecessary. I used to ask my Husband to pull out our largest Dutch oven; it is heavier than I can easily manage alone. You know what I'm gonna say, right? Unnecessary. This time, they used three disposable tins, carefully fitted like Tetris. And, it was ALL done in the oven.

Lets talk about ovens. We need to achieve a high heat for the beginning. Your oven needs to be clear of crumbs and any clutter, the high heat cooking is a wonderful way to get a beautiful sear onto the meat but it's also a terrific way to turn old food particles into small fires. How high does your oven go? Do you have a convection setting on your oven, a fan inside to circulate air? Do you have gas, or electric with single or dual heating elements? Other than toaster, I'd say that every oven could make this. There is a lot of talk about "air frying" and if you have a convection setting or fan on your oven this is very close, but the oven is much bigger than the air frying units. Same concept.

Ingredients at this point become our braising liquid, which is a combination of vegetable solids, stewed tomato, reduced wine and lots of broth. I like celery, shallots, garlic and carrots with an addition of a few bay leaves, rosemary and thyme, plus a couple of whole black peppercorns for good measure.

I have used home made beef broth that took 8 hours to simmer, I used home made chicken stock as well, in the end, boxed broth from the supermarket was the final choice. The final dish tasted exactly the same, so all those hours of prep and simmering my own home made bone beef broth, delicious, but unnecessary for this dish. If I were serving a consommé or a beef based soup then maybe the extra work would be the reward. But I gotta tell ya, nothing so rewarding as opening a box and pouring into a pan something I did not have to make. One took 8 hours the other 8 seconds.

This calls for a full bottle of wine. In the old days I used red wine that I loved and would serve with the meal. I

tried a low acid version of this with inexpensive white wine and it was delicious. I used yellow canned tomatoes too. It was AWESOME! So on wine: red, white, expensive, inexpensive, whatever you've got. What is important is that the wine gets reduced to intensify its flavor before adding it to the braising liquid. Now, all of the ingredients get done, in the oven, with very little help from me.

The vegetables fall into two categories: aromatics and side dishes. I cut the tops and bottoms off of the carrots before I peel the shafts. The tops and bottoms are unpeeled and perfect to act as aromatics. The long whole carrots will be divine after three hours cooking in the braising liquid with the yummy meat. Small potatoes are also a perfect side dish to throw in. With the celery, use the top ½ to ¾ the celery, I regrow my celery bottoms, but that's another article, so chopping off the tops of the celery stalks are perfect to add to the aromatics. Peeled garlic cloves, peeled shallots are also excellent for the aromatics.

However, if you leave your shallots whole and use large garlic cloves, they will stand up to the long slow braise and be delicious just as they are. Originally this dish called for tomato paste and flour for thickening but I found the tomato flavor overpowering, and the flour not necessary for the finished product that I wanted to sink my teeth into. Canned tomatoes did a better job bringing out all of the flavors. And with giving me thickened gravy.

Now, how did they pull this off? With a simple 3 pan layout and a high heat oven. I will show you in photos how we laid out the pans. The searing of the oiled salted short ribs in a roomy disposable pan needed thirty minutes in the beginning at 475 (We tested it at 450, if that is the highest your oven goes, it will work.) But the aromatics and wine needed only fifteen minutes at the same high heat. So as soon as the oven reached its optimal temperature, we inserted the pan of short ribs first and quickly shut the oven door. Setting the timer for 15 minutes. Then we went about pouring one bottle of wine into a pan, and most of the aromatics, minus the bay leaves, thyme and peppercorn into the other. So, for the record the first aromatics are, garlic, shallots, celery and carrots, oiled and thrown into a roomy pan. Now when the timer goes off from the 15 minutes, quickly insert the wine and the oiled aromatics into the oven and please take note of the should-be sizzling short ribs. You should see the beginnings of bark at the edges. Spin the meat pan around. Now set the timer for the additional 15 minutes.

Now at this point you should have a few cans of peeled tomatoes and a box of broth along with the herbs and spices waiting on the side. When the timer goes off take everything out and quickly close the oven door. Use the pan that is largest. Usually the meat pan, if not put the seared meat into the largest pan and start from there. Add the now golden brown aromatics into the meat pan then pour in the reduced wine. Add the canned tomatoes, bay

leaf, herbs and broth. If you want potatoes or carrots, as a delectable side dish, this is the time to add them.

Cover the entire pan and return it to the super hot oven. Wait five minutes and then reduce the oven temperature to 350 and set your timer for three hours. Now rest, you did a good job! Once the timer goes off, remove the entire pan and test the tenderness of the short ribs by poking them with a skewer or a sharp knife and by seeing how easily they slide in and out. The meat will be so soft and the bone will be revealed and showing. When I serve this I use a deep bowl, serving everyone a big bone of meat, and divide up the whole vegetables and half of the canned tomatoes. The rest of the ingredients and liquid, I use a hand blender, churning the tomatoes, wine, juices and seasonings into a thick supple gravy.

If you have leftovers, I recommend that you freeze them in single servings. Unless you know you have something coming up, then take it out of the freezer two days before your event for proper even thawing.

It was so incredibly delicious and we did it as a family. There's nothing better for dinner. I want to officially thank my Husband and my two kids for making this all the better. XXOO

- Large short ribs, dry them off**
- Salt all sides**
- Magic Oil (sub with pure olive oil for frying or vegetable oil) rubbed over every bone**
- 3 Canned whole tomatoes**
- 1 bag small potatoes**
- 1 or 2 whole black peppercorn**
- Top half of whole celery**
- 5 peeled Shallots**
- 6-10 carrots**
- 5 peeled garlic cloves**
- 3 whole bay leaves**
- 1 bottle of wine**
- 1 box of broth; chicken, vegetable or beef**
- 1 rosemary sprig**
- 1 big thyme twig**
- Incredibly hot pre-heated oven (450-475)**
- About four hours of time**
- Large baking pan for meat**
- Small baking pan for wine**
- Small baking pan for aromatics**
- Large zip bag for oiling the aromatics**
- HD tin foil to cover the final pan**

**Enjoy with a salad!**



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