

What's Cookin': A stick-to-your-ribs recipe

Gerry and I have been busy little bees, getting ready for Light up the Hills Ignition Night (Sunday, Dec. 1).

For more information, check us out on Facebook), but when we weren't getting ready to light up the town, we cooked up this delicious treat. What a wonderful aroma in the house as it was cooking. For those of you who are slow cooker

Lori Gysel & Gerry Kentner



Chef's Note: In a recipe last week on Scottish Tablet, the butter ingredient should have read "unsalted butter".

Guinness Braised Beef Short Ribs

Serves 8

Ingredients

- 2 racks of beef short ribs, cut into single ribs
- coarse salt, freshly ground black pepper
- 1/4 cup olive oil
- 2 cups sliced mushrooms
- 1 med Spanish onion, diced
- 1 large carrot, diced
- 1 red pepper, diced
- 2 celery stalks, diced
- 4 cloves garlic, crushed
- 2 tbsp tomato paste
- 2 tall cans Guinness beer
- 1 tbsp dried thyme (or several sprigs of fresh)

Method

1. In a dutch oven, heat 2 tbsp olive oil. Meanwhile, season ribs with salt and

pepper. Sear ribs on both sides until well browned. Do in batches and repeat until all ribs are seared.

2. Remove ribs and set aside. In same pan, heat 1 more tbsp olive oil and sear mushrooms until softened and caramelized. Remove from pan and set aside.

3. Add last tbsp olive oil to pan and cook onion, carrot, pepper and celery until soft.

4. Add ribs and any juices that have accumulated as well as cooked mushrooms, garlic, tomato paste, beer and thyme to dutch oven. Liquid should just barely cover the meat and vegetables. If more liquid is required, add a bit of water or beef stock or beer.

5. Bake in a preheated 325 degree oven for 2 hours. Remove ribs from pan (and thyme sprigs if you used fresh). Puree remaining ingredients. Add ribs back in. Season with salt & pepper. Serve over mashed potatoes!



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