



Sicilian-Style Short Ribs



Tiempo de preparación: None min.

Dificultad: Media

Ingredientes (Serves 4 to 6)

• Ingredientes

- Salsa de tomate 17.63oz 6 cups
- Beef short ribs 8 to 10 (about 5 lbs.)
- Chopped toasted pine nuts ½ cup
- Cinnamon ½ tsp.
- Dry red wine 1 cup
- Finely chopped carrot ¾ cup
- Finely chopped celery ¾ cup
- Finely chopped fresh flat-leaf parsley 2 tbs.
- Finely chopped garlic 2 tbs.
- Finely chopped onion ¾ cup
- Ground cloves 1/8 tsp.
- Kosher salt To taste
- Lemon zest 1 tsp.
- Nutmeg ½ tsp.
- Olive oil 1/4 cup

Para esta receta hemos usado:



Preparación

Place a rack in the center of the oven and heat the oven to 325°F.

Generously season the ribs with salt and pepper. In a 7- to 8-quart Dutch oven or heavy-duty pot, heat 2 Tbs. olive oil over medium-high heat. Sear half of the ribs, without crowding them, on the three meaty sides, about 2 minutes per side, then transfer to a glass plate or large bowl. Add 2 Tbs. oil to the pan, and repeat with the remaining ribs.

Add the onion, celery, and carrots and sauté until the vegetables are just tender, stirring constantly about 2 minutes. Add the garlic, cinnamon, nutmeg, and cloves. Cook for another 15 seconds, until the spices are aromatic, add the wine to deglaze, then add the tomatoes and bring to a boil. Return the ribs to the pot, place a crinkled piece of parchment on the surface of the ribs and sauce, cover with the lid, and place in the oven for 4 to 4½ hours, until the ribs are tender and just beginning to fall off the bone. Remove the ribs and keep warm. Remove any excess oil from the surface. Bring the sauce to a boil.

In a small bowl, combine the pine nuts, parsley, and lemon zest.

Serve the ribs with some of the sauce, and top with some of the pine nut mixture.