SHORT RIBS
SLOW COOK

At Farmison & Co we have an extensive range of both modern and heritage cuts on offer, please visit our main website for detail on individual products.

Servings suggestions
Serve with roast onions, potatoes and hot beer mustard.

Method
1. Remember to remove your meat from the packaging, pat dry and bring to room temperature.
2. Preheat your oven to 135°C temperature.
3. Next choose a suitable sized oven proof casserole with a tight fitting lid.
4. Season the meat just prior to colouring with good quality sea salt.
5. Make a mirepoix by neatly chopping equal amounts of onion, carrot and celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of thyme and a few black peppercorns, another nice addition can be a head of garlic split in half.
6. Take a large, heavy based frying pan, and add a few drops pomace or vegetable oil.
7. Fry the ribs on all sides then transfer to the casserole dish.
8. Next fry the mirepoix until lightly coloured.
9. Then add half a bottle of red wine, or a favourite local ale and reduce by two thirds then add 500ml of Essential Cuisine veal stock and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stirred into the boiling broth.
10. Pour the sauce over the ribs and cover.
11. Place in the centre of the oven and cook for 3 to 4 hours, the meat should be tender when pierced with a meat fork and pull clean away from the bone.
12. Remove from oven, carefully take out the ribs and keep warm.
13. Pass off the juices through a fine sieve into a clean sauce pan and reduce to a glossy finish then pour back over the beef ready to serve.