

SILVER OAK

Beef Short Rib Bourguignon

Serves 6

Prep Time: 45 minutes

Total Time: 3 hours 15 minutes

Wine Pairings: Cabernet Sauvignon, Merlot and Pinot Noir

The quality of the wine in this wine-centric stew will significantly impact the flavor of the dish. Be sure to choose a wine you would like to drink for best results.

Ingredients

5 pounds beef short ribs, cut into 2-inch pieces
Fine sea salt
Freshly ground black pepper
2 cups all-purpose flour
½ cup canola oil
24 black peppercorns
12 parsley sprigs
4 garlic cloves, crushed
4 juniper berries
2 bay leaves
1 (750ml) bottle Pinot Noir
4 cups beef broth
1 teaspoon fine sea salt
½ teaspoon freshly ground black pepper
½ pound slab bacon, cut into ½-inch cubes
¼ cup olive oil
1 pound cremini mushrooms, halved (or quartered if large)
1 large onion, chopped
1 large carrot, peeled, cut into ½-inch dice
1 celery stalk, cut into ½-inch dice

Directions

1. Preheat the oven to 350° F.
2. Place the ribs in a large bowl and evenly season with salt and pepper. Add the flour and toss to coat.
3. In a large Dutch oven, heat the canola oil over high heat. In batches, sear the ribs until golden brown on all sides. Transfer to a plate and repeat with remaining ribs. Discard the excess oil.
4. Place the peppercorns, parsley, garlic, juniper berries, and bay leaves on a piece of cheesecloth, gather and secure with kitchen string to make a bouquet garni.

SILVER OAK

5. Return the ribs to the pot with the wine, broth, bouquet garni, 1 teaspoon salt, and ½ teaspoon black pepper. Bring to a simmer, cover with a lid and place in the oven and cook for 2 hours.
6. During the last 30 minutes of cooking time, combine the bacon and olive oil in a large sauté pan over medium-high heat. Cook until the bacon is golden brown, 8 to 10 minutes, stirring frequently. Pour off all but 2 tablespoons fat. Add the mushrooms and sauté until golden brown, about 5 minutes, then add the onion, celery and carrot and cook until the vegetables are tender, about 5 more minutes, stirring frequently.
7. Add the bacon and vegetables to the pot. Continue to cook in the oven until the meat is tender, about 30 minutes more.
8. Serve ladled over egg noodles, mashed potatoes, rice, or polenta.

Chef's Note

This dish tastes even better when served the next day. If you decide to make it the day before a party, stop after step 6 and refrigerate the vegetable/bacon mixture and the beef stew separately. The next day, preheat the oven to 350°F. Stir the vegetables into the stew while cool, place the pot in the oven, and rewarm for 1 hour.