

Braised Beef Short Ribs with Bacon-Cognac Sauce and Creamy Parmesan Polenta paired with Davis Estates Oakville Cabernet Sauvignon

INGREDIENTS:

Braised Beef Short Ribs

5 pounds boneless beef short ribs
Kosher salt
Extra-virgin olive oil
1 onion, cut into 1/2-inch pieces
2 ribs celery, cut into 1/2-inch pieces
2 carrots, peeled, cut in 1/2 lengthwise, then cut into 1/2-inch pieces
2 cloves garlic, smashed
1 bottle of Davis Estates Cabernet Sauvignon
4 cups beef stock
1 bunch fresh thyme, tied with kitchen twine
2 bay leaves

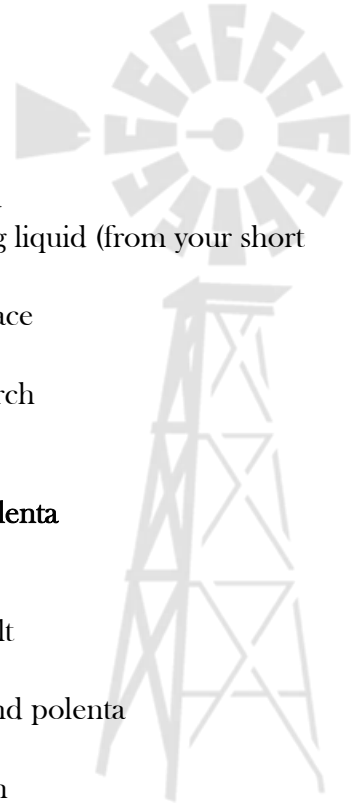
SERVES: 6

Bacon-Cognac Sauce

3/4 cup bacon diced
2 1/2 cups onion, sliced
2 cups of beef cooking liquid (from your short ribs)
8 ounces veal demi glace
Cognac to taste
2 tablespoons cornstarch
2 tablespoons water

Creamy Parmesan Polenta

5 1/2 cups water
2 cups heavy cream
2 teaspoons kosher salt
Pinch baking soda
1 1/2 cups course ground polenta
2 tablespoons butter
1 cup grated parmesan



METHOD:

Braised Beef Short Ribs

- Preheat the oven to 350°F.
- Season each short rib generously with salt. In a large stock pot or Dutch oven over high heat add olive oil.
- Add the short ribs to the pan and brown very well, on all sides. Do not overcrowd pan. Cook in batches, if necessary.
- When the short ribs are very brown on all sides, remove them from the pan. Drain the fat,
- Coat the bottom of same pan with fresh oil and add the onion, celery, carrots, and garlic. Season the vegetables with salt and cook stirring as needed until they begin to brown.
- Once vegetables are brown, add the wine scraping the bottom of the pan. Cook until the mixture is reduced by half.
- Return the short ribs to the pan and add beef stock . Add the thyme bundle and bay leaves. Cover the pan tightly with foil and place in the preheated oven for 3 hours. When done the meat should be very tender but not falling apart.
- Remove from oven. Remove meat and skim off fat from cooking liquid.

Bacon-Cognac Sauce

- The cornstarch is to thicken if desired, combine cornstarch and watch stirring into the sauce.
- In a medium sauce pan cook bacon over medium heat until brown and crispy.
- Remove bacon and add onions. Cook onions until soft and translucent about 6 minutes.

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- Add beef cooking liquid and veal demiglace and simmer for 10 minutes.
- Remove from heat and add a tablespoon to start of cognac, taste and add more if desired.
- Pour ingredients into a blender and puree until smooth. Check seasoning and adjust if needed.

Creamy Parmesan Polenta

- In heavy-bottomed 4-quart saucepan over medium-high heat, bring water and cream to boil. Watch closely as it will boil over if unattended.
- Stir in salt and baking soda.
- Slowly pour polenta into water in steady stream, while stirring back and forth with wooden spoon or rubber spatula.
- Bring mixture to boil, stirring constantly, about 1 minute. Reduce heat to lowest possible setting and cover for 5 minutes.
- Next, whisk polenta to smooth out any lumps that may have formed, about 15 seconds. Make sure to scrape down sides and bottom of pan.
- Cover and continue to cook, without stirring, until grains of polenta are tender but slightly al dente, about 25 minutes longer. Polenta should be loose and barely hold its shape but will continue to thicken as it cools.
- Remove from heat, stir in butter and Parmesan, and season to taste with black pepper. Let stand, covered, 5 minutes.

To Finish

On a warm plate, spread a generous amount of Creamy Parmesan Polenta. Place the Braised Beef Short Ribs on top. Garnish with a spoonful Bacon-Cognac Sauce. Serve with the rest of your Oakville Cabernet Sauvignon.