

Braised Short Ribs with White Cheddar and Grainy Mustard Mashed Potatoes



SHORT RIB INGREDIENTS:

4 lbs.	Beef short ribs (English cut, not cross cut)
1 tsp	Sea salt
1 tsp	Fresh cracked pepper
1 tsp	Sweet smoked paprika
¼ tsp	Sugar
...	Olive oil
5	Garlic cloves, smashed
2	White onions, diced
2 tbsp	Tomato paste
2 cups	Dry red wine (i.e. 13 th Street Gamay)
2 cups	Beef stock
1 small	Bunch of fresh thyme
1 small	Bunch of fresh rosemary
½ cup	Butter

MASHED POTATO INGREDIENTS:

6	Yukon gold potatoes, quartered and peeled
1 cup	35% cream
½ cup	Butter
3 tbsp	Whole-grain mustard
1 cup	Old white cheddar, grated (can use mustard cheddar for more mustard flavour)
...	Sea salt and freshly ground black pepper

DIRECTIONS:

Preheat oven to 325°.

Mix salt, pepper, sugar and paprika together and rub on beef.

Heat 2 tbsp of olive oil in a large ovenproof pot. Add ribs and brown all sides and remove.

Lower to medium heat, add onions and sauté for 2 minutes or until they start to lightly caramelize. Stir in tomato paste and add wine and broth.

Place short ribs back into the pot and mix in whole bunches of herbs.

Cover with a lid and cook in the oven for 3 hours. When finished, the meat should easily pull apart from the bone.

Place potatoes in a large pot of water and bring to a boil. Once the potatoes are cooked, drain the water. Place potatoes into a food processor and mix in cream and butter. Add the cheddar and mustard and season with salt and pepper. Set aside and keep warm.

Remove beef from pot and set aside wrapped in foil to keep warm.

Place braising liquid in saucepan and reduce to a thicker sauce.

Enjoy with a glass of Sandstone Gamay 2021!

