



BEEF SHORT RIB STEW

MADE WITH PREMIUM QUALITY MEAT FROM THE GROUNDS
MEAT & DELI

INGREDIENTS:

- 1.5 KG BEEF SHORT RIB CUBES
- 2 TBSP OIL
- SALT AND PEPPER, TO TASTE
- 6 SHALLOTS, PEELED AND HALVED
- 4 CLOVES GARLIC, CRUSHED
- 500 G BABY POTATOES, HALVED
- 3 CARROTS, SLICED INTO ROUNDS
- 2 CUPS BEEF STOCK
- 1 CUP RED WINE
- 1 CAN (400G) TINNED TOMATOES
- 2 TBSP TOMATO PUREE
- 2 SPRIGS FRESH ROSEMARY



INSTRUCTIONS:

1. HEAT THE OIL IN A LARGE, HEAVY-BOTTOMED POT OVER MEDIUM-HIGH HEAT UNTIL IT REACHES SMOKING POINT.
2. SEASON THE BEEF SHORT RIBS GENEROUSLY WITH SALT AND PEPPER. ADD THEM TO THE POT AND SEAR ON ALL SIDES UNTIL THEY DEVELOP A DEEP BROWN CRUST. THIS SHOULD TAKE ABOUT 3-4 MINUTES PER SIDE.
3. REMOVE THE BROWNEED SHORT RIBS FROM THE POT AND SET THEM ASIDE ON A PLATE.
4. POUR THE BEEF STOCK AND RED WINE INTO THE POT TO DEGLAZE, SCRAPING UP ANY BROWNEED BITS FROM THE BOTTOM WITH A WOODEN SPOON. ALLOW THIS MIXTURE TO SIMMER FOR 3-5 MINUTES TO COOK OFF SOME OF THE ALCOHOL.
5. ADD THE SHALLOTS AND CRUSHED GARLIC TO THE POT, STIRRING OCCASIONALLY, AND LET THEM COOK UNTIL FRAGRANT, ABOUT 2 MINUTES.
6. RETURN THE SHORT RIBS TO THE POT, NESTLING THEM INTO THE LIQUID.
7. ADD THE FRESH ROSEMARY SPRIGS, FOLLOWED BY THE TINNED TOMATOES AND TOMATO PUREE. STIR EVERYTHING TOGETHER TO ENSURE THE INGREDIENTS ARE WELL COMBINED.
8. SEASON WITH ADDITIONAL SALT AND PEPPER TO TASTE.
9. COVER THE POT WITH A LID AND REDUCE THE HEAT TO LOW. LET THE STEW SIMMER GENTLY FOR 5-6 HOURS, STIRRING OCCASIONALLY, UNTIL THE MEAT IS TENDER AND PULLS EASILY AWAY FROM THE BONE.
10. IN THE LAST HOUR OF COOKING, ADD THE BABY POTATOES AND CARROT ROUNDS, ENSURING THEY ARE SUBMERGED IN THE SAUCE. CONTINUE COOKING UNTIL THEY ARE TENDER.
11. ONCE THE STEW IS DONE, REMOVE THE ROSEMARY SPRIGS AND GIVE EVERYTHING A FINAL STIR.

NOTE: SERVE HOT WITH CRUSTY BREAD OR CREAMY MASHED POTATOES FOR A COMFORTING MEAL.

THE GROUNDS MEAT & DELI - TRADITION TASTES BETTER

