



Polished Chef

Braised Short Ribs with Rice

Ingredients for Braised Short Ribs:

- 1 Chuck roast
- 1/2 bottle red wine (or white wine like Sauvignon Blanc)
- 2 cups beef stock
- 1 yellow onion medium dice
- 2 carrots medium dice
- 2 stalks celery medium dice
- 2 tablespoon tomato paste
- 1 bay leaf
- 2 Rosemary sprigs
- 1 cup flour
- Salt and pepper

How to prepare it:

- Cut Chuck roast into 2x2 sections.
- Lightly coat with flour and sear on all sides. Set aside.
- Add diced vegetables and tomato paste to pan and sauté until soft;
- Add stock and red wine bringing to a simmer.
- Add the seared meat and place lid; bake for 2 1/2 hours at 350° until tender.

Ingredients for Rice:

- 1 cup of diced yellow onions
- 1 cup of Parmesan Risotto
- 1 box of Arborio rice
- Chicken stock
- 1/2 cup of shaved Parmesan
- 1/2 stick butter
- 1 bottle of white wine

Prepare rice in a separate pot:

- Sauté onion over medium heat until translucent.
- Add rice and lightly brown; then add 1/2 cup chicken stock, stirring until liquid is almost completely absorbed.
- Add 1/2 cup white wine while continuing to stir the whole time.
- Add 1/2 cup white wine every 30 minutes until 2 cups is used and rice is tender.
- Add Parmesan cheese and stir. Enjoy!