



BEEF SHORT RIBS

Makes 6 servings.

This recipe was inspired by a popular Belgian dish. Short ribs freeze very well.

INGREDIENTS

- 6 short ribs, 4 inches long and 2 inches wide
- 8 garlic cloves
- 2 onions, quartered
- Small bunch thyme, leave some for garnish
- One 12-ounce bottle Belgian beer
- 1/3 cup honey mustard
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Preheat the oven to 400F.
2. Place the ribs bone side down in a roasting pan large enough to hold them in a single layer. Season lightly with salt and pepper on both sides.
3. Scatter the garlic, onions and thyme over the meat.
4. In a measuring cup combine the beer and mustard. Pour over the meat. Cover the pan with heavy foil and roast for about 2½. The ribs should be soft.
5. Uncover the ribs and discard the bones. Turn the meat over and roast, uncovered, for another 20 minutes. The meat should be very tender.

6. Remove the ribs from the pan and trim any remaining fat, if necessary.
7. Strain the pan juices through a medium mesh sieve set over a small saucepan pushing on the solids with the back of a ladle.
8. Cool a bit, then place in the freezer for about ½ an hour so that the fat can quickly rise to the top. This step makes it easier to remove all the fat.
9. Season the sauce with salt and pepper.
10. Serve with or without the sauce.

NOTE

The meat is easy to reheat. Place it in the pan with the sauce. Cover with foil and heat in a preheated 350F oven for about ½ an hour or until hot.