



Westinghouse

Classic Braised Beef Short Ribs

Ingredients

- 2.0 – 2 ½ pounds boneless short ribs trimmed of excess fat
- 2 teaspoons of Kosher salt and ground black pepper
- 2 tablespoons vegetable oil
- 1 large onions , peeled and sliced thin
- 1 ½ tablespoon tomato paste
- 2 medium garlic cloves peeled
- 1 cup red wine
- 1 cup beef broth
- 2 small carrots peeled and cut
- 2 sprigs fresh thyme
- 1 bay leaf

Directions

1. Trim Short ribs of excess fat, cut apart and salt and pepper.
2. Caramelize ribs by using your CTChef™ Multi-Cooker.
3. Press MENU button until the “—” points to “Sauté”. Press FOOD SELECT button and choose “Meat”. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time. 10-15 minutes is usually good for a quick browning. Press ON/START button. Start indicator light will stop blinking and cooking time will start counting down. The cooker will start heating the oil.
4. Add half of beef short ribs and cook, without moving, until well browned, 4 to 6 minutes. Turn ribs and continue to cook on second side until well browned, 4 to 6 minutes longer, Transfer ribs to a bowl. Repeat with remaining Short Ribs.
5. If need add 10-15 additional minutes cooking time.
6. When finished with ribs add onions and cook, stirring occasionally, until softened and beginning to brown (4 minutes).
7. Add tomato paste and cook, stirring constantly, about 2 minutes. Add garlic and cook until aromatic.
8. Finally add Red wine and simmer, scraping bottom of cooking vessel with wooden spoon to loosen browned bits, 8 to 10 minutes.
9. Add broth, carrots, thyme, and bay leaf. Short Ribs and any accumulated juices to cooker and close cover.
10. Program your CTChef™ to Slow Cook setting by Pressing MENU button until the “—” points to “Slow Cook”. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time. I use 2-3 hours for this recipe.
11. Press ON/START button to begin cooking The CTCHEF will begin to count down in half hour increments after the temperature reaches 180°F. Once completed the unit will hold your Short Ribs warm until you are ready to eat.

