



Malbec-Braised Beef Short Ribs with Mashed Sweet Potatoes

SERVES 6

I once spent three days exploring Argentina's stunning region of Mendoza. horseback riding, hiking, and sampling its famous bold red wines. One evening, I attended a dinner where every dish included a Mendoza wine (even dessert). For the main course, the chef served beef short ribs that had been braised all afternoon in a pot of Malbec and fresh herbs. He presented it on a bed of potatoes with a drizzle of velvety sauce.

Braising is a cooking method where a tough cut of meat simmers in an aromatic liquid until it becomes tender. To recreate the dish, I brown short ribs in olive oil before pouring in a bottle of Malbec. After a few hours, the meat is fork-tender and full of flavor.

I like to plate these short ribs over mashed sweet potatoes with a little "crown" of fried onions and a silky pan sauce for the picture-perfect presentation.

INGREDIENTS

Beef Short Ribs:

4-5 pounds beef short ribs
kosher salt
2 teaspoons black pepper
3 tablespoons olive oil
1 large onion, coarsely chopped
3 cloves garlic, minced
2-3 branches of fresh rosemary

Small handful of fresh thyme

1 bottle full-bodied red wine, such as Malbec
2 cups beef broth
3 tablespoons cold butter

Mashed Sweet Potatoes:

2 medium sweet potatoes
½-¾ cup whole milk, warmed
2 tablespoons butter, melted
2 teaspoons kosher salt

PROCESS:

Beef Short Ribs:

Preheat oven to 325 degrees. Sprinkle the short ribs with 2 teaspoons of salt and 1 teaspoon of black



pepper. Heat a heavy 6-quart pot over medium high heat. Add 2 tablespoons olive oil and coat the bottom of pan, adding more if necessary. Place ribs in the hot oil, spreading in one layer.

After 3 minutes, turn to sear all sides, about 12 minutes total. Remove ribs to a plate and set aside. Add 1 tablespoon of oil to the pan and stir in the onions and garlic. Cook 2 minutes and add the rosemary and thyme. Pour in the bottle of wine and beef broth. Bring to a simmer. Add the short ribs and cover.

Place pot in oven and cook for 2 ½ hours, until ribs are tender. Remove from oven and let cool for 20 minutes. With tongs, pull out ribs to a platter. Strain liquid through a sieve into a saucepan. Spoon excess fat off from the top and bring to a simmer over medium high heat. Let sauce reduce by half, about 10 minutes. Stir in cold butter, a tablespoon at a time, until sauce is smooth and silky. Drizzle over short ribs.

Mashed Sweet Potatoes:

Preheat oven to 375 degrees. Rinse and scrub potatoes and pat dry. Prick all over with the tines of a fork. Put on oven rack and bake for 1 ½ hours, until tender. Remove peel and discard. In a large bowl, mash the sweet potatoes with the milk, butter, and salt. Add more milk, if needed. Serve warm.