

Braised Short Ribs with Orange

Ingredients

- 2 oranges
- 1/4 tsp powdered saffron
- 2 Tbsp boiling water
- 4-5 lbs short ribs
- salt & pepper to taste
- 2 Tbsp olive oil
- 12 medium shallots, peeled (cut large shallots in 2)
- 3 carrots, peeled and cut into large chunks
- 3 Tbsp red wine vinegar
- 2 tsp sugar
- 2 bay leaves
- 4 sprigs of thyme or 1 tsp dry thyme
- 4 cups beef stock
- 2 tsp beef demi-glace (optional)
- 2 Tbsp chopped Italian parsley (optional)

Directions

Preheat oven to 250°F. Peel the oranges using a vegetable peeler. Place orange peel on a baking tray and bake for 15-20 minutes, until dry. Set aside both peels and peeled oranges and increase oven temperature to 325°F.

Meanwhile, dissolve the saffron in the boiling water in a small bowl and set aside. Season short ribs with salt and pepper to taste.

Heat oil in a saute or frying pan over medium-high heat. Add short ribs and brown on all sides. If they don't fit, do it in batches. Transfer short ribs to a dutch oven or oven-safe lidded dish.

Add carrots and shallots to the frying pan. Fry until they become golden brown, 4-5 minutes, stirring frequently. Transfer to the pot with the short ribs.

Deglaze the pan with the vinegar. Add 1/2 tsp black pepper, sugar, bay leaves, thyme and dried orange peel. Add the saffron water, beef stock and demi-glace, if using. Stir well and bring to a boil. Pour over the short ribs. Cover and cook in the oven for 2 1/2 hours. Turn off heat, and leave undisturbed for another 30 minutes.

Remove pot from the oven. Using a slotted spoon, remove the ribs and vegetables and set aside. Place pot with the stock on the stove and turn heat to high. Boil, stirring and skimming frequently, until reduced to your liking.

Meanwhile, juice the oranges. Transfer the juice to a small saucepan and simmer until it becomes a thick syrup. Stir syrup into the braising liquid. Taste and adjust seasoning.

Return short ribs and vegetables to the braising liquid. Sprinkle with parsley and serve.