

Amarone-braised short ribs with thyme & butter braised mushroom ragu on parmesan polenta cubes with an Amarone reduction

Prep Time: 1 hour
Total Time: 4 hours

Number of portions: 20 pcs
Pair with: Tedeschi Amarone

Ingredients

For the braised short ribs:

5 pounds bone-in beef short ribs
Kosher salt
3 tablespoons vegetable oil
3 medium onions, chopped
3 medium carrots, peeled & chopped
2 celery stalks, chopped
3 tablespoons all-purpose flour
1 tablespoon tomato paste
1 750 ml bottle of Tedeschi Amarone
8 sprigs fresh thyme
4 sprigs fresh oregano
2 sprigs fresh rosemary
2 fresh bay leaves
1 tsp minced garlic
4 cups beef stock

For the mushroom ragu:

1Tbsp olive oil
1 minced garlic clove
3 shallots, diced
Knob of butter
1-2 sprigs thyme
300g fresh mushrooms
Kosher salt
1tsp chopped fresh tarragon or ¼ tsp dried
½ c dry white wine
splash of lemon juice

For the polenta:

400ml mushroom stock
Pinch salt
Bay leaf
200ml milk
120g polenta
20g butter
60g grated Parmesan

For the Amarone reduction:

Juices from the cooked short ribs
A knob of butter
To serve:
2 tbsp olive oil

Method:

For the short ribs:

Preheat oven to 325°. Heat oil over medium high in a large, deep frying pan. Season short ribs with salt and pepper and sear the short ribs in batches until browned on all sides, removing to a deep, oven-safe dish when done. Add the onions, carrots and celery to the frying pan and cook over medium-high heat until softened. Add the tomato paste and cook, stirring often, for two minutes. Add the Tedeschi Amarone and bring to a boil. Reduce to a simmer and cook until the wine is reduced by half. Add the herbs and garlic and allow to cook for an additional minute, then add the contents of the pan to the deep, oven-safe dish. Cover the dish with the short ribs with parchment paper and then with tinfoil. Cook for 3-3 ½ hours or until the short ribs are tender. Remove the ribs from the pan, remove the bones, shred into small pieces and keep warm and covered while making the Amarone reduction.

For the Amarone reduction:

Strain the vegetables and herbs from the liquid remaining in the short rib pan, spooning fat from the surface and discarding. Place the liquid in a small pot and reduce until the sauce is thick enough to coat the back of a spoon. Whisk in a knob of butter and season the sauce to taste. Keep warm until ready to serve.

For the polenta cubes:

Put the stock, salt, bay leaf and milk in a saucepan and bring to a boil. While it's boiling, slowly pour in the polenta while whisking until combined. Turn the heat to a simmer and cook, stirring often, for 30 minutes or until the polenta has absorbed all the liquid and is creamy and soft. Stir in the butter, Parmesan and a splash of olive oil. Leave in a warm place until ready to serve. Pour the polenta into an 8 by 8 baking pan to cool completely. Cut into cubes and set aside.

For the Mushroom Ragu:

Heat the olive oil in a frying pan on medium low. Add the garlic and shallots & cook gently until soft. Add the butter, thyme and fresh mushrooms. Cook for 10 minutes, turning up the heat at the end to evaporate the liquid and intensify the flavor. Add the tarragon and wine and cook gently for 10 minutes. Season with salt and a dash of lemon juice.

To Assemble:

Pan-fry the polenta cubes over medium heat in a bit of olive oil until crispy. Top with the braised mushrooms, shredded short ribs, a spoonful of the Amarone reduction and a few pieces of thyme. Serve warm and immediately.

NOBLE ESTATES

Wine & Spirits

ROWAN OAK

