



Braised Short Ribs with Cranberry Demi-glace and Mashed Sweet Potatoes

Creamy mashed sweet potatoes topped with cipoli onions, tender short ribs and a cranberry red wine demi-glace.

INGREDIENTS

Braised Short Ribs:

- 1.8 kg Bone-in beef short ribs
- Salt and pepper, to taste
- 30 mL Olive oil
- 1 Onion, diced
- 2 Carrots, diced
- 2 Celery stalks, diced
- 4 Cloves garlic, minced
- 480 mL Beef broth
- 240 mL Dry red wine (like Cabernet Sauvignon)
- 30 g Tomato paste
- 2 sprigs Fresh thyme
- 2 sprigs Fresh rosemary
- 2 Bay leaves
- 450 g Cipollini onions, peeled

Cranberry Red Wine Demi-Glace:

- 240 mL Red wine
- 950 mL Beef demi-glace
- 150 g Cranberries
- 30 g Butter
- Salt and pepper, to taste

1 bag Lamb Weston® Sweet Potatoes Original Mashed (M0007)

DIRECTIONS

1. Prepare the Short Ribs:

- Preheat your oven to 175°C.
- Season the short ribs generously with salt and pepper.
- In a large Dutch oven, heat the olive oil over medium-high heat. Sear the short ribs on all sides until browned, about 3-4 minutes per side. Remove and set aside.

2. Sauté the Vegetables:

- In the same pot, add the onion, carrots, and celery. Sauté until softened, about 5-7 minutes.
- Stir in the garlic and cook for an additional minute.

3. Deglaze and Braise:

- Pour in the red wine, scraping up any browned bits from the bottom of the pot. Let it simmer for about 2-3 minutes.
- Add the beef broth, tomato paste, thyme, rosemary, and bay leaves. Bring to a simmer.
- Return the short ribs to the pot, making sure they're submerged in the liquid. Cover the pot with a lid and transfer it to the preheated oven.

4. Cook the Ribs:

- Braise in the oven for 2.5 to 3 hours, or until the meat is tender and falling off the bone. Add the onions for the last 30 minutes to the braising liquid.
- Remove from oven, holding in the braising liquid.

5. Prepare the Demi-Glace:

- In a saucepan, bring the red wine and cranberries to a simmer, add in the demi-glace, bring to a simmer.

6. Prepare Lamb Weston® mashed sweet potatoes to manufacturer's specifications.

DIRECTIONS

Yield

4 lbs.