



Dry Aged Beef Short Ribs Served With Creamy Garlic Mash

(courtesy of @Michael James)

Serves 3

Prep Time: 2 hours 30 minutes

Ingredients

Short Ribs

- Dry Aged Short Ribs 1/2kg
- Celery 1/2 cup diced
- Carrots 1/3 cup diced
- Garlic 6 cloves finely chopped
- White Onions 1/2 cup diced
- Canned Pomodoro Tomatoes 2 cans
- Tomato Paste 1/3 cup
- Brown Sugar 2 tbs
- Vegetable Stock or Chicken Stock 4 cups
- All Spice 1/2 tsp
- Prickly Pear Barbecue Sauce 1/4 cup
- Olive Oil
- Salt and freshly cracked black pepper to taste

Mashed Potatoes

- White Potatoes 3 large
- Salt 1 tsp
- Unsalted Butter 3 tbs
- Whole Milk 1/2 cup
- Nutmeg 1/4 tsp
- Garlic 3 cloves minced or grated

Method

Short Ribs

- Prepare the short ribs by cutting them individually. Ensure to remove them from the fridge one hour before cooking time. Season generously with salt and black pepper.
- Light your stove to medium heat on a Dutch oven and sear the short ribs until evenly browned on both sides then set aside.
- In the same Dutch oven reduce heat to low and add in olive oil then your diced vegetables (carrots, onions, celery and garlic). Cook until browned and softened.
- Add in the Pomodoro tomatoes, brown sugar, allspice, and salt to taste. Cover and leave to cook for 15 minutes.
- Once cooked add in the seared short ribs and submerge with vegetable stock or chicken stock and leave covered on very low heat for 1h 45minutes.



- After the time has elapsed, check to see the level of the reduced sauce. If still not significantly reduced (a pasty thick and viscous consistency), leave to reduce for another 10 minutes uncovered and stirring occasionally to avoid it sticking to the bottom of the pan.
- Add the prickly pear BBQ sauce and stir until combined. Turn off the heat and prepare the mashed potatoes

Mashed Potatoes

- Peel your potatoes and clean them thoroughly.
- Add to a saucepan and submerge with cold water followed by a teaspoon of salt.
- Cover and leave to boil until the water is fully evaporated.
- Using a ricer or potato masher, mash the potatoes and avoid any huge lumps if you're looking to have it smooth and creamy.
- Add in the butter, milk, garlic, and nutmeg and stir on low heat until you achieve your desired consistency.
- Serve in a bowl with the short ribs and enjoy!