



**Telaya Braised Short Ribs with Polenta  
Paired with 2017 Ciel du Cheval Syrah**

*By Chef Ali Hunziker*

*Braised Short Ribs Ingredients*

- 10 beef short rib pieces, about 8 lbs 8 oz
- 1 1/2 Tbsp salt
- 1 3/4 tsp ground black pepper
- 2 fl oz vegetable oil
- 4 oz large dice onion
- 2 oz large dice celery
- 2 oz large dice carrot
- 4 fl oz tomato paste
- 4 fl oz dry red wine, I used the Syrah if you are willing to not drink the WHOLE bottle!
- 1 qt beef stock
- 2 bay leaves

*Polenta Ingredients*

- 1/2 oz minced shallot
- 1 Tbsp minced garlic
- 2 1/2 quarts chicken stock
- Salt, as needed
- 2 cups coarse yellow cornmeal
- 3 oz butter
- 1 cup shredded cheese, mixture of mozzarella, cheddar, parmesan

*Instructions*

Preheat the oven to 350\*.

Season the short ribs with 1 Tbsp salt and 1 1/2 tsp pepper.

Heat the oil in a large pot over medium-high heat until it starts to shimmer. Place the short ribs in the oil and sear until deep brown on all sides, 15-20 minutes. Turn the heat down to medium if the fond (delicious bits stuck to the bottom) in the bottom of the pot starts to burn. Transfer the short ribs to a pan and reserve.

Reduce the heat to medium, add the onions, celery and carrots to the oil and cook, stirring from time to time, until golden brown, 7-10 minutes. Add the tomato paste and cook until it turns a deeper color and gives off a sweet aroma, about 1 minute.

Add the wine to the pan, stirring to release the fond. Reduce the wine by half, about 3 minutes. Return the short ribs to the pan along with any juices they may have released. Add enough stock to come up 3/4 the way to the top of the short ribs.



Bring to a gentle simmer over medium-low heat. Cover the pot and transfer to a 350\* oven. Braise the short ribs for 45 minutes.

Pull the pot out of the oven. Skim the fat off the top. Add the bay leaves. Finish braising the short ribs until fork-tender, about 1 hour 30 minutes more.

Transfer the short ribs to a pan with a little bit of liquid. Hold warm with finishing the sauce.

Strain the cooking liquid until it has a good flavor and consistency. Skim the fat off the top. Season with remaining salt and pepper as desired. Strain the sauce to finish.

Serve the short ribs and sauce over polenta.

Note: Short ribs can also be braised in a slow cooker instead of in the oven. I used the high setting for 4 hours on mine.

#### *For the Polenta*

In a large sauce pot, sauté the minced shallot and garlic in 1 oz of butter until aromatic, about 3 minutes. Add the stock and bring to a boil. Season with 1 Tbsp of salt.

Pour the cornmeal in the stock in a stream, while whisking constantly until it has all been added. Reduce the heat temperature to low. Simmer, stirring often, until the polenta pulls away from the sides of the pot, about 30 minutes. It should not taste starchy or gritty.

Remove the pot from the heat and mix in the butter, cheese and season with salt and pepper to taste.

Enjoy with a glass of Telaya's 2017 Ciel Du Cheval Syrah.