

Braised Short Rib Ragu

By Erin Hungsberg

For the advanced chef, this luxurious pasta dish with sous vide braised short ribs will take you to new and delicious heights.

Yield: 2-4 servings

Prep Time: 1 hr

Cook Time: 28 hrs

Ingredients:

- 2.5lbs bone-in or 2lb boneless short ribs
- 2.5 cups beef broth, 2 tablespoons reserved
- 2 tablespoons sodium citrate
- 2 tablespoons cornstarch
- 6 tablespoons heavy cream
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons Worcestershire
- 2 tablespoons grainy-style Dijon mustard
- 2 tablespoons bourbon
- 8 large shallots, peeled and halved lengthwise
- 2 tablespoons unsalted butter
- Salt (to taste)
- 3 tablespoons sherry vinegar
- 5oz homemade pasta, rolled to the thinnest setting (see Erin's Fresh Egg Yolk Pasta Recipe)

Special Equipment

- Sous vide and vacuum sealer
- Big Green Egg (BGE) (optional)



Instructions:

Short Ribs

1. Heavily season short ribs with salt, pepper, and any additional seasonings of your choice.
2. Preheat BGE or grill of your choice to 400F for direct heat.
3. Sear the short ribs on each side for about 3 minutes each.
4. Remove and vacuum seal.
5. Set sous vide machine to 175F.
6. Cook the seared/smoked short ribs for 24-28 hours.
7. Remove from the water bath and break apart the short ribs, discarding bones and excess fat.
8. Add the shredded meat to the steak sauce.

Signature Steak Sauce

1. Combine and stir the sodium citrate, corn starch, and 2 tablespoons of reserved beef broth to make a slurry.
2. Combine remaining beef broth, heavy cream, low-sodium soy sauce, Worcestershire sauce, Dijon mustard, and bourbon in a sauce pan.

3. Bring to a simmer, then add the sodium citrate and corn starch slurry.
4. Simmer and reduce by half, about an hour.
5. Transfer to a wide, shallow saute pan and keep warm.

Caramelized Shallots

1. Melt butter in a medium nonstick frying pan on medium-high heat.
2. Add the shallots flat side down and sprinkle with salt.
3. Leave undisturbed until deep golden on the bottom, then deglaze with sherry vinegar.
4. Add 1/2 cup of water, then cover and reduce heat to low. Steam and simmer until the water evaporates and the shallots are very tender, about 45 minutes.
5. Uncover and increase the heat to evaporate any remaining water and until the shallots become very caramelized on the flat side.
6. Optionally, flip to brown both sides, or leave the flat side down if you prefer to keep the halves intact.
7. Keep warm to add and toss with the noodles and sauce.

Pasta

1. See Erin's Homemade Egg Yolk Pasta recipe.
2. Bring a large pot of water to a boil and add a generous amount of kosher salt.
3. Add pasta, stir, and cook for 90 seconds.
4. Drain directly into the steak sauce pan, reserving 1/4 cup of pasta water to add to the sauce.
5. Toss pasta with sauce and shallots.
6. Plate and serve immediately with shards of Parmigiano Reggiano.