

Y. ROUSSEAU.

Susan's Slow Cooker Red-Wine Braised Short Ribs with Creamy Polenta

It's the perfect time of year to eat slow braised meats and earthy flavorings while savoring a big, rich King of a Cab! This dish makes an elegant meal using a simple recipe. No one will know that you put it on in the morning, or even made it the day, or two, before! It can also be cooked in the oven at 300° for 2 ½ hours after the browning phase by bringing all to a boil on the stove top in a dutch oven. I simply find that the slowest possible cooking method brings the most flavors forward with the tenderest meat.

Serves 4. Serve with Y. Rousseau **Cabernet Sauvignon Le Roi Soleil 2014.**

6-8 short ribs, rinsed, dried, salt & peppered
2 tbsp olive oil, or ghee for browning
4 shallots, cut into halves or quarters
8 garlic cloves, peeled & whole
2 carrots, cut into 4 chunks
3 slices thick, smoked bacon – diced
Armagnac, or brandy, for deglazing the browning pan (don't tell Yannick that I'm using his Armagnac for this!)
½ lb. wild or brown mushrooms, chopped
Bouquet Garni – 3 springs each of parsley, thyme, rosemary tied together
1 bottle SOB or other dry red wine (3 cups, can always substitute 1 cup of rich meat broth)

Have all ingredients chopped, prepped and ready, then the rest goes very quickly.

Heat ghee in wide sauté pan. Brown all sides of ribs in the pan. Do not crowd, place on a plate as finished, set aside. In same pan, add the garlic cloves, shallots, bacon & carrots. Stir around and sauté pouring a small amount of Armagnac to scrape up the browned bits as they soften, about 5 minutes total. Put these vegetables on the bottom of the slow cooker. Add the ribs in one layer on top. Add the *bouquet garni*, mushrooms and entire bottle of SOB over all.

Cook on slow for 8-9 hours, or 4 hours on high, another 1.5 hrs on slow. You will know by the smell, color and bubbling when they are done. Afterwards, the fat will be on top layer. I use my turkey baster to pull the extra fat off the top. Or chill in the frig over nite, scrape off hardened fat, reheat in oven. The taste only gets better!

Creamy Polenta

Cook 1 cup polenta in 3 cups boiling water (or rich meat broth) with big pinch of salt added. Pour polenta in a stream and stir with a whisk continuously to avoid clumping or scorching. It will thicken in about 15 minutes. Add 1-2 tbsp of ghee, butter or olive oil plus ¾ c of Fontina or other soft cheese, for creamier texture.

To serve, put polenta in bowl or "*assiette de soupe*", place two ribs and spoon juices over to allow drizzling onto the polenta. Sprinkle with parsley.