

# Chef from the Hood Recipes



## Chef:

Dan Berman, Pacific Market's Culinary Director

## Restaurant:

What's Cooking at Pacific Markets

## Recipe:

Short Ribs with a twist! Pssst... the secret is in the sauce.



## Short Ribs with a twist! Pssst... the secret is in the sauce.

Mixx is the restaurant on a famous corner in Railroad Square that was opened and run for nearly two decades by Chefs Dan and Kathleen Berman. If you were a regular, and many of us foodies were, you will remember Dan's short ribs that sometimes appeared as a special on the menu. Meaty, savory and slightly spicy, those ribs were always tender and full of flavor... and there was nothing like 'em!

There's a customer at Pacific Market in Sebastopol that has not forgotten those short ribs either, so thanks to her insistence, Dan has scaled down the recipe below to a size that's doable for the home cook. He says, "This is pretty close to how we made the ribs at 'Mixx'. The orange, cinnamon sticks and the subtle heat from the ancho chile add a nice flavor compliment while the meat slow cooks to a fall-off-the-bone tenderness. On the side, polenta, risotto or mashed potatoes and some sautéed fresh chard will balance the richness of this dish." Dan's recipe serves 8. You'll find Dan's ribs and some great sides ready to go at all three Pacific Market stores this week.

### Ingredients:

- 8 large beef short ribs (about 1/2 pound each.)
- 1/2 cup tomato paste
- 1 onion, large dice
- 2 carrots, peeled and cut into large dice
- 2 stalks celery, no leaves, large dice
- 8 cloves cloves garlic, peeled & crushed with side of a chef's knife
- 4 sprigs of thyme
- 2 trunks rosemary
- 4 bay leaves
- 1 tablespoon crushed black peppercorns
- 1 small ancho chile, stem & seeds removed
- 1 orange, quartered
- 2 cinnamon sticks
- 1 tablespoon toasted and crushed coriander seed
- 2 cups red wine, choose a hearty zinfandel or syrah (Pacific Palate)
- a quart of beef stock (or enough to cover) (Imagine brand)
- olive oil (Brando's)
- salt & pepper to taste

### To prepare:

Preheat oven to 350°. Pour olive oil into a heavy bottom braiser pan; use enough oil to liberally coat the bottom. (Choose a pan that has a lid and is big enough to hold all of the ribs.) Heat oil and brown ribs on both sides. As they brown, remove ribs to a plate or sheet pan and set aside. To the braiser pan add diced onion, carrots, celery and crushed garlic. Sauté until slightly caramelized; that is until they show some good color around the edges.

While the vegetables sauté, smear the top of each of the ribs evenly with tomato paste. Place ribs back in the pan with vegetables. Add wine, bring to a boil and cook for about a minute. Add bay leaves, peppercorns, ancho chile, orange, cinnamon sticks, coriander and beef stock and bring back to a boil. Tie rosemary and thyme together with kitchen string and add to the pan. Stir everything together so all that all the good stuff is evenly distributed. Cover the pot and place in the hot oven for about 2 to 2 & 1/2 hours. When the ribs are done they should be fall-off-the-bone-tender. Don't watch the clock for this recipe; the ribs are done when they are really tender.

When done remove ribs from pan and keep in a warm place. Strain sauce to remove all the solids and return the braising liquid to the pan. Bring back to a boil and skim off the fat (it is easier to skim fat from a sauce that is boiling because all of the fat goes to the outside). You will now have a 'killer' sauce. Taste sauce and add salt and pepper if needed. Plate each serving of ribs with sides and pour a little sauce over ribs. A bit of chopped rosemary and/or thyme is a nice touch. Soft polenta, risotto, mashed potatoes, sautéed chard are great sides with these ribs. Enjoy!