

Braised Beef Short Ribs

Unit: Pressure Cooker or 8 Qt Roaster

3 - Lbs of Beef Short Ribs	6 - Carrots
6 - Ribs of Celery	2 - Cans of Beef Broth
1 - Tbsp. Tomato Paste	3 - Tbsp Corn Starch
5 - Cloves of minced Garlic	1 - Bottle of dry red wine
1 - Tbsp Italian Seasoning	Salt and Pepper
2 - Yellow Onions (cut on #2 Blade)	

Brown short ribs on all sides, and remove from pan, remove excess fat but do not rinse pan. Process all vegetables on #2 cone and chop up garlic. Put veggies and garlic in pan and lightly brown, add tomato paste and cook about another minutes, stirring.

Place short ribs back in pan and add 3/4 of the wine, all of the beef broth and Italian Seasoning. Rotate the valve below the knob to open. Cover the unit and cook on medium-high heat until the whistle starts.

Rotate the valve closed and reduce to just above low heat. Simmer until meat is tender. (approx. 1-2 hours) – you may need to re-arrange part way through cooking so that all meat is in the broth part of the time.

You can remove the meat at the end of cooking, turn heat up to medium-high. Stir the cornstarch into a glass with a very small amount of water and add it to the liquid in the roaster with the remaining wine and thicken it.

Continue stirring the liquid until it is thickened. Add salt and pepper to taste. Serve the sauce over the short ribs.

For the pressure cooker, the cooking time is 1 hour.