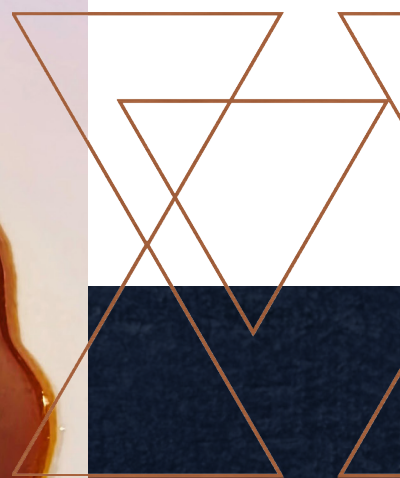


1 Elgin - NAC

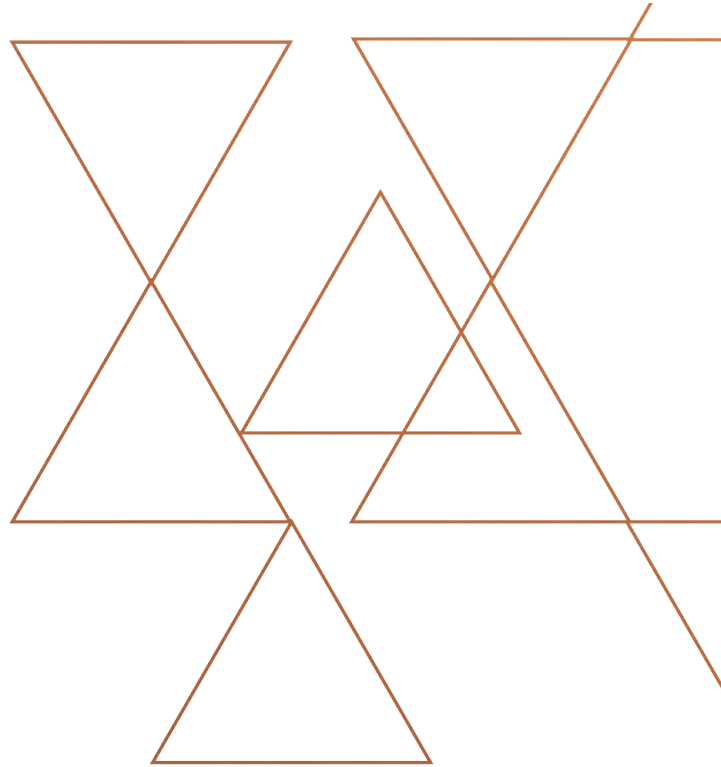


Canadian Whiskey and Brown Sugar Braised Short Ribs

INGREDIENTS

Yields 6 portions

- 3 pounds boneless Alberta beef short ribs
- Kosher salt and fresh ground pepper to season
- 1 tbsp vegetable oil
- 1 medium onion- diced
- 1 teaspoon dried thyme
- 2 cups of beef stock
- 1 tbsp tomato paste
- 2 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce
- ¼ cup brown sugar
- 1/2 cup Canadian whiskey



DIRECTIONS

1. Liberally season short ribs with kosher salt and fresh ground pepper.
2. On stovetop over high heat place large dutch oven crock pot and add a small amount of vegetable oil, heat until oil begins to smoke. (don't forget to turn on the overhead exhaust fan!)
3. Using kitchen tongs carefully place short ribs in the dutch oven and brown on all sides.
4. Turn down heat to low and add diced onion and dried thyme and cook for a few minutes.
5. Add beef stock, tomato paste, apple cider vinegar, Worcestershire sauce, brown sugar and Canadian whiskey.
6. Cover and place it in a 325 degree oven until very tender (can be pulled apart with a fork) about 2.5 to 3 hours.
7. Serve with buttery whipped potatoes and hearty roasted vegetables.

** This recipe is also great in a slow cooker!*