

# Braised Beef Short Ribs with Parsnips

Serves 2

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1 pound Beef Short Ribs	½ Tablespoon of Salt
Bouquet Garni (parsley, thyme and bay leaves, tied together tightly)	
1 tablespoon olive oil	½ tablespoon of Pepper
1/2 cup diced carrots	½ cup diced onion
2 Medium Parsnips, peeled and sliced into ¼ inch by 2 inch matchsticks	
½ celery stalk	2 ounces butter
3 garlic cloves, peeled	Pinch of Sugar
½ cup dry white wine	2 tablespoons chopped Parsley
2 cups veal or Beef Stock	

Heat the olive oil in a large sauce pan over a high heat. Place the beef short ribs in the sauce pan and caramelize the meat (about 2 minutes on each side). Remove the meat, drain it to remove any excess fat and set aside. Using the same sauce pan with the meat juices still in it, add the carrots, onion, celery and garlic. Sauté the vegetables for about 5 minutes, or until they begin to turn brown & caramelized. Pour the wine into the sauce pan to deglaze. Bring the ingredients to a boil and then add the beef short ribs. Next, add the veal or beef stock, bouquet garni, salt and pepper and return to boil. Let simmer for about 1 hour. Meantime, put the parsnip sticks, ¾ cup water, salt and pepper to taste in a large sauté pan over high heat and bring to a boil. Continue cooking for about 5 minutes, until the liquid has evaporated and the parsnips are cooked through and tender. Add the butter and continue to sauté for 3-4 more minutes, until the parsnips turn golden brown. Strain the remaining juice from the saucepan and pour it over the meat. Scatter the parsnips all around the meat. Garnish with Chopped parsley sprinkles all over the top. Serve immediately.

