

# PULIDO-WALKER

IN THE KITCHEN

## *Short Ribs*

Serves 6 | Preparation Time: may be made up to 3 days ahead | Recipe courtesy Austin Gallion

### TOOLS NEEDED:

Large Roasting Pan~or~Le Creuset for Short Rib  
Sheet Tray for Short Rib  
Chinois ~ or ~ fine strainer for Short Rib  
Sauce Pot for Short Rib Jus  
Medium Soup Pot for Polenta  
Large Sauté Pan ~or~Saucepan with cover for Carrots  
Whisk & Rubber Spatula for Polenta

### MARINADE:

#### 5 lbs. Bone in Short Rib

have butcher cut into 6 pieces

1 750ml bottle **inexpensive Red Wine**  
1 **large Carrot** ~ skin on, rough chop  
2 **medium Onion** ~ skin on, rough chop  
3 **stalks Celery** ~ rough chop  
2 **heads Garlic** ~ skin on, rough chop  
1 **bunch Thyme** ~ rough chop with stems  
1 **bunch Parsley** ~ rough chop with stems  
2 **tablespoons Peppercorns**

### COOKED SHORT RIBS:

2~1/2 quarts **Low Sodium Chicken Broth**  
2 **tablespoons Tomato Paste**  
1 **bunch Thyme**  
1 **bunch Chives** ~ chiffonnade  
**Sea Salt**

### POLENTA:

2 cups **Golden Pheasant Polenta**  
3 cups **Water**  
3 cups **Low Sodium Chicken Broth**  
3 cups **Milk**  
1/2 lb. **Butter**  
1/2 cup **Mascarpone**

### GLAZED CARROTS:

1~1/2 lbs. **Baby Carrots**  
may substitute regular carrots  
2 **tablespoons Brown Sugar**  
1 **cup Grand Marnier**  
1~1/2 cups **Orange Juice**

### SHORT RIBS

In a large roasting pan, or Le Creuset, add the short ribs, red wine and peppercorns, rough chopped carrots, onion, celery, garlic, rough chopped herbs and stems. Cover pan. Remove to the refrigerator and allow to marinate for 48 hours. After 48 hours, remove the short ribs and discard marinade. Return ribs to the roasting pan. Add the chicken stock, tomato paste, and thyme. Cover pan with foil or lid. Place in a 275°F oven for 8 hours. Remove from oven and cool for 1 hour. Place ribs on a sheet tray. Strain the jus from the pan through a chinois or fine strainer into a sauce pot. Discard ingredients remaining in strainer. On the stove, reduce jus in the saucepan to 50%, or sauce consistency. Cool short ribs and sauce in the refrigerator if you are serving the ribs another day. Reheat at 275°F prior to serving. When plated, sauce, top with sea salt and the chiffonnade chives.

### POLENTA

In a soup pot bring liquids to a simmer. Over medium high heat, slowly whisk in polenta. For 1 hour stir polenta occasionally (every 5 minutes) with a rubber spatula. Take care not to scrape the bottom of the pot. Note: it is inevitable a crust will develop on the bottom of the pot, but it should not be incorporated into the polenta. After 1 hour, taste the polenta. Add more liquid, if needed. When the texture is smooth, turn off heat. If texture is grainy, add more liquid and continue to cook until smooth. Polenta may be covered and refrigerated until ready to serve. When ready to serve, reheat polenta on medium low heat. Add mascarpone and butter, stirring vigorously to incorporate. Add salt & pepper to taste. Polenta can handle more salt than you think ~ it is crucial to season it well.

### GLAZED CARROTS

Peel carrots, leaving a small amount of the green top. Over medium heat, in sauté pan melt butter, then add carrots and brown sugar. When sugar begins to bubble and turn caramel color, deglaze with Grand Marnier. Be careful, it will flame up! Have a lid handy to cover if flame gets too large. Once the liquor is incorporated, add orange juice and reduce heat to simmer. Cover pan. Remove from heat once liquid has been absorbed and carrots are tender, but not soft. Add salt & pepper to taste.

Chef Tips: While this dish may seem intimidating and time consuming, it's very simple ~ only requiring forecasting ahead of time. This recipe works for large groups, up to 18, as all may be prepared up to 3 days ahead of the meal. On the day of, you'll simply reheat the short ribs, polenta and roast the pre-cooked carrots, allowing you to focus on hosting friends and family. As always, just like winemaking, the best produce will create the best result. Enjoy!

