

J·DAVIES ESTATE

RECIPE

SLOW COOKER SHORT RIBS RAGU

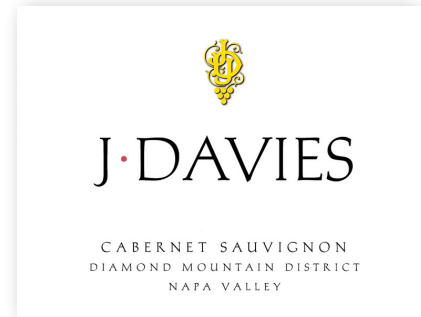
Recipe by Giadia de Laurentis

PAIR WITH:

J. DAVIES
CABERNET SAUVIGNON

INGREDIENTS

2 tablespoons olive oil
2 1/2 pounds boneless short ribs, cut into 3-inch pieces
3 teaspoons kosher salt, divided
1 red onion, cut into 1/3 inch dice
1 carrot, peeled and cut into 1/3 inch dice
3 garlic cloves, peeled and smashed
1 tablespoon tomato paste
1 tablespoon unsweetened cocoa powder
1/2 cup dry red wine
1 (28-ounce) can Hunt's San Marzano style tomatoes, crushed by hand
1 (2-inch) piece parmesan rind
2 ounces 80% or higher dark chocolate, optional



PREPERATION

- Place a large skillet over medium high heat. Add the oil and heat an additional minute.
- Season the short ribs evenly with 2 teaspoons of salt. Add them to the pan in a single layer being careful not to over crowd the pan. This can be done in two batches if needed.
- Sear the meat until deep golden brown on all sides, about 12 minutes. Remove the meat to a 4-quart slow cooker.
- To the pan add the red onion, carrot and garlic. Season with the remaining 1 teaspoon of salt. Using a wooden spoon, scrape the brown bits from the bottom of the pan. Cook, stirring often, for about 3 minutes or until fragrant and beginning to soften.
- Add the tomato paste and the cocoa powder. Cook, stirring constantly for 1 minute.
- Deglaze with the red wine scaping up any remaining bits from the bottom of the pan with the wooden spoon.
- Add the mixture to the slow cooker along with the tomatoes and parmesan rind.
- Set the slow cooker for high for 4 hours or low for 6 hours.
- Using a shallow spoon, remove any oil that may have risen to the surface during cooking and discard.
- When ready to serve, use two forks or a pair of tongs to pull apart and shred the meat. Stir the meat to coat it evenly in the sauce.
- Serve the ragu tossed with your favorite pasta and parmesan cheese or over creamy polenta.
- Grate the dark chocolate over the top if desired.