

Pomegranate Short Ribs w/ Parmigiano Polenta

By Chef Alessandra Ciuffo

4 Servings

Short Rib Ingredients

- 2.5 - 3 lbs Bone-in Beef Short Ribs
- 1 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, sliced
- 1/2 cup dry red wine, such as Cabernet or Merlot*
- 2 cups pomegranate juice
- 1 cup beef stock
- 5 thyme sprigs, tied with twine
- salt and pepper
- pomegranate seeds
- lemon zest

Polenta Ingredients

- 1 cup quick cooking polenta
- 2 cups chicken/veg stock
- 1 cup whole milk
- 1 cup grated parmigiano cheese
- salt and pepper, to taste

Steps:

1. Preheat the oven to 350 degrees. Lay out the short ribs and season well all over with salt and pepper.
2. Heat a medium/large dutch oven on the stove. Add the oil and let it heat up. Add the short ribs and sear on all sides (including the sides!) to a deep golden brown (about 10-15 minutes total.)
3. While searing the beef, chop the onion and garlic. Once the beef is crusted all over, remove into a plate and add in the onions. Cook the onions for 2 minutes until they begin to soften. Add in the garlic and cook for another minute until fragrant.
4. Add the wine to the pot and use a spoon to scrape any fond that developed on the bottom of the pan. Allow to reduce for 2 minutes, then add in the beef back into the pot. Add in the pomegranate juice and if not covered, add stock until the beef is 80% covered (make sure the bone side is up so all the meat is covered.) Add in thyme, bring the liquid up to a boil then cover the pot and transfer into the oven. Cook for 2 - 2.5 hours, or until the meat is fork tender.

5. While the beef is in the oven, prepare the polenta. Bring the stock and milk to a light simmer. Slowly whisk in the polenta until all is incorporated, season with salt and pepper. Continue to cook over low heat for 30 minutes, stirring every 5 minutes or so. Before serving, reheat the polenta, adding more stock or milk as necessary to achieve desired consistency, and add the parmigiano cheese. Adjust seasoning.
6. To serve, add a scoop of polenta to the bottom of the plate. Add the beef on top along with a ladle of strained (optional) sauce, garnish with pomegranate seeds and fresh lemon zest!

ENJOY!!!

*Red wine can be subbed out here to keep it alcohol free. Will just need more pomegranate juice or stock to bring up the liquid amount.