

BRAISED SHORT RIB & BAKING SPICE

BULGUR WHEAT PILAF, FRESH POMEGRANATE, MINT SALAD

Chef Jeffery Scott prepared this recipe for Tablas Creek Vineyard. Serves 4.

PREP TIME
35 min

BRAISE TIME
3–3½ hr

REST & REDUCE
25 min

PORTIONS
4 plates (8–9 oz ea.)

INGREDIENTS

For the Short Ribs:

Prime or Choice beef short ribs, bone-in, 3-in English cut, trimmed	3¾–4 lb (4 portions)
Kosher salt & cracked Tellicherry pepper	1 tbsp salt + 1¼ tsp pepper
Grapeseed oil, or beef tallow, for searing	4 tsp

For the Mirepoix & Aromatics:

Yellow onions, medium dice	1 large (7 oz)
Carrots, peeled, medium dice	1 large (5 oz)
Celery stalks, medium dice	1½ stalks
Garlic cloves, smashed	4 cloves
Tomato paste, double concentrated	2 tbsp

For the Spice Sachet & Braising Liquid:

Sachet, 1 cinnamon stick (3 in), 1 star anise pod, 3 cracked green cardamom pods, 3 whole cloves, 4 allspice berries, 3 thyme sprigs, 1 Turkish bay leaf	Tied in cheesecloth
Dry red wine, Syrah, Cabernet, or a hearty Rhône blend	1½ cups (11 oz)

Roasted beef bone broth or veal glace	3½ cups
Pomegranate molasses, pure, unsweetened	2 tbsp

For the Bulgur Wheat Pilaf:

Coarse (#3) bulgur wheat	¾ cup + 1 tbsp
Unsalted butter or olive oil	1½ tbsp
Shallot, finely minced	1 medium
Chicken or vegetable stock, hot	1½ cups
Ground cumin & ground coriander	½ tsp cumin, ¼ tsp coriander
Fine sea salt & fresh black pepper	To taste

For the Pomegranate & Mint Salad:

Fresh pomegranate arils	½ cup
Fresh mint leaves, spearmint or peppermint, hand-torn	¾ cup loosely packed
Flat-leaf parsley, tender leaves	½ cup loosely packed
Extra virgin olive oil, fruity, for finishing	2 tsp
Flaky sea salt, fleur de sel or Maldon	To finish

METHOD

Sear & Foundation

- **Season:** Bring the ribs to room temperature 30 min before cooking. Season heavily with kosher salt and cracked pepper.
- **Hard Sear:** Heat the oil in a heavy Dutch oven over high heat. Sear the ribs, in batches if needed, to a deep mahogany crust (3–4 min per side). Set aside on a sheet tray.
- **Pincé:** Pour off all but 2 tbsp fat. Sweat the onions, carrots, and celery over medium heat for 6–8 min until softened. Add the garlic and tomato paste; stir 2–3 min until brick red.

Deglaze & Braise

- **Deglaze:** Add the wine, scraping up the fond. Boil and reduce by half (6–8 min).
- **Assemble:** Return the ribs and juices to the pot, bone-side down. Add the sachet, broth, and pomegranate molasses; liquid should come ¾ of the way up the ribs.
- **Braise:** Bring to a bare simmer, cover with a parchment cartouche and lid, and braise in a 300°F oven for 3–3½ hr, until a fork slips through with no resistance.

Jus Reduction & Glaze

- **Strain:** Lift the ribs onto a warm tray; discard the sachet. Strain the liquid through a fine chinois into a wide saucepan and skim off the fat.
- **Reduce:** Simmer over medium-high, skimming, until glossy and spoon-coating (1–1¼ cups). Adjust with sea salt and a drop of pomegranate molasses.
- **Lacquer:** Before plating, spoon jus over the ribs and flash in a 400°F oven for 4 min.

Bulgur Pilaf & Herb Salad

- **Pilaf:** In a 2-qt saucepan, melt the butter over medium heat and sauté the shallot 2 min. Add the bulgur, cumin, and coriander; toast 2 min. Add the boiling stock and salt, cover, and cook on low 12–15 min until absorbed. Rest covered 10 min, then fluff.
- **Herb Salad:** Just before plating, toss the arils, torn mint, parsley, olive oil, and flaky salt.

Plating & Service

- Mound warm bulgur in wide, shallow, heated bowls and top with a lacquered rib.
- Ladle 2–3 fl oz of jus over the meat, then scatter the pomegranate-mint salad over the top.