

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

19 April 2006 / 9.30am – 11.00am

BRAISED SHORT RIB OF BEEF WITH SWEET & SOUR ONIONS

Presented by
Masterchef Alessandro Stratta

Serves 4

Ingredients:

Braised Short Ribs

- 4 Beef short rib sides (centre cut, whole)
- 112ml Olive oil
- 1 Medium-sized white onion, peeled and diced
- 1 Medium –sized carrot, peeled and diced
- 1 Garlic clove, halved
- 250ml Red wine vinegar
- 750ml Cabernet Sauvignon
- 3 ltr Rich chicken stock
- 6g Fresh thyme leaves
- 2 Bay leaves
- 50g Black peppercorns
- 40g Lavender Honey

Sweet and Sour Onions

- 60g Butter
- 120g Red pearl onions
- 60g Granulated white sugar
- Salt and freshly ground pepper, to taste
- 60ml Red wine vinegar
- 30ml Chicken stock



Method

1. For the braised short ribs: Heat a skillet over high heat and add the olive oil until it begins to smoke .Add the short ribs and saute well on all sides until browned. Add the diced onion, carrot and garlic until aromatic and lightly coloured then caramalise with lavender honey and remove the short ribs.

Deglaze with the red wine vinegar. Reduce to desired consistency and add back the short ribs and Cabernet. Reduce the wine by half and add the chicken stock and bring to a boil. Cover and simmer for 5 hours, or until meat is very tender. Remove the braised short ribs and chill. Then cut into 3 ounce rectangle pieces.

Strain the stock and allow the stock to cool. Remove all of the excess fat that rises to the surface of the stock. Transfer stock to a clean saucepan and reduce until slightly thick and glossy consistency. Strain and keep warm. Reserve one gallon of the stock for warming up the braised short ribs for serving.

2. For the sweet and sour onions: Heat butter in a heavy saucepan over medium heat until the butter has melted. Add the red pearl onions, white sugar and salt and freshly ground pepper and caramalise until sugar turns dark golden brown. Deglaze with the red wine vinegar and simmer until liquid has evaporated. Add the chicken stock and reduce to a glaze. Keep warm.
3. Place braised short ribs onto each serving plate and add 5 glazed sweet and sour onions. Spoon some of it glaze around the plate.