

Braised Short Rib Mushroom Sauce with Pappardelle

Source: www.girlgonegourmet.com

Ingredients	4 svgs	12 Svgs
Olive oil	1 T	3 T
Boneless beef short ribs	1 lb	3 lb
Unsalted butter	0.25 c	0.75 c
Cremini mushrooms, quartered	8 oz	24 oz
Yellow onion, roughly chopped	1 med	3 med
Garlic, roughly chopped	4 cloves	12 cloves
Kosher salt	1 tsp	1 T
Black pepper	0.5 tsp	1.5 tsp
All-purpose flour	2 T	6 T
Crushed tomatoes	1 c	3 c
Fresh parsley (see note)	4 sprigs	12 sprigs
Fresh thyme	10 sprigs	30 sprigs
Fresh tarragon	1 T	3 T
Red wine (pinot noir or cabernet sauvignon)	2 c	6 c
Pappardelle pasta (see note)	8 oz	24 oz



Directions

- Preheat oven to 350 degrees.
- Heat the olive oil in a large pot over medium heat.
- Brown the short ribs in the pot for about five minutes on each side. Remove them from the pan.
- Add the butter to the pot and once it's melted add the mushrooms, onion, and garlic.
- Cook the vegetables for about ten minutes, stirring frequently.
- Add the salt, pepper, and sprinkle the flour over the top of the veggies. Stir to coat them in the flour and add the tomatoes, parsley, thyme, and tarragon.
- Add the wine and stir to combine.
- Place the short ribs back in the pot and add enough water to the pot so that they're covered.
- Bring the pot to a boil. Turn the heat off and cover the pot with a lid slightly askew to allow steam to escape.
- Transfer the pot to the oven for two and a half to three hours, or until the short ribs shred easily with a fork.
- Remove the short ribs from the pot.
- Using a fine mesh strainer, strain the sauce into a large bowl removing all the vegetables from the pot.
- Press on the vegetables to extract as much liquid as possible before discarding.
- Pour the strained liquid back into the pot and bring it to a boil over high heat.

- Adjust the heat to medium to maintain a strong simmer for thirty minutes or until the sauce thickens enough to coat the back of a spoon.
- While the sauce reduces, cook the pasta according to package directions.
- Shred the short ribs and place them back in the sauce.
- Taste the sauce and add more salt if you think it needs it.
- Simmer for a few minutes to warm the beef through.
- Serve with the pasta.

Notes

- Because you will strain the sauce there's no need to chop the parsley or thyme. You can toss them in the sauce, stems and all.
- Pappardelle is a ribbon-like pasta that has a great texture. It's available at most mainstream grocery stores, but if you can't find it substitute linguine or fettuccine instead.