

Port Braised Short Rib



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Located in the heart of Bergen County, New Jersey, Chakra Restaurant offers much more than the average dinner excursion. Guests are invited to "embark on a culinary journey" as they enjoy the ultimate dining experience with food, wine and friends.

Chef Lake strives to continually produce distinctive dishes. From his apprenticeship at the age of 15 with a Sicilian family and his work at Paris Desserts, to his graduation from the French Culinary Institute, he has amassed an array of diverse influences and instruction.

Port Braised Short Rib, a signature dish on our fall and winter menus, signals that autumn is near and addresses our need to bring heartier, lusty fare to the table. Slow cooked meats satisfy and comfort us as days grow shorter and cooler. This recipe is an excellent way to render short ribs – a rather tough, but extremely flavorful cut of meat – tender and juicy, while filling your home with savory, inviting aromas.



Port Braised Short Rib

Serves 1
(multiply recipe for each additional serving)

Ingredients:

1 center-cut short rib
1 onion, diced
1 carrot, diced
1 celery rib, diced
1 garlic clove, whole
2 Tbsp. tomato paste
1 pint ruby port wine
1 quart veal stock

For Bouquet Garni:

1 whole bay leaf
1 green leek
6 sprigs thyme
6 stems parsley
(bundle together with twine)

Preparation:

Season short rib with salt and pepper; brown in a large, oven-safe skillet on all sides and reserve.

Add the aromatics, (onion, carrot, celery, and garlic) to the pan and slowly brown, developing the flavor.

When the aromatics are browned, add the tomato paste and port wine.

Add the bouquet garni and browned short rib.

Add the veal stock and cover the pot with a lid.

Place the entire skillet, covered, in a 350 degree oven for approximately three hours or until the short rib is fork tender but still

intact.

Remove the short rib and keep warm.

Strain all solids from the braising liquid and skim off all the fat.

Reduce the cooking liquid by two thirds and reserve.

Season with salt and pepper to taste.

Serve the short rib glazed with sauce, accompanying it with a green vegetable, such as haricot verts, and serve with whipped or pureed potatoes.

TIPS:

■ Use whole butter to help brown the short rib. Browning the meat will help to develop the flavor and add color.

■ To ensure a cut that that will braise well and have enough meat, ask your butcher for a 3" x 3" short rib cut for each portion.

■ This versatile method of braising can be applied to lamb shanks and a range of other tougher cuts of meat to create a moist, supple texture.

■ If port is not readily available, a hearty red wine can be substituted.

■ To encourage the best marrying of flavors, be sure to use fresh herbs when preparing the bouquet garni.