

# Braised Short Ribs

## Ingredients

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3 1/2 lb Beef Short Ribs

2 T Vegetable Oil

2 T Tomato Paste

1 1/2 T Flour

4 Shallots (finely chopped)

1 Carrot (diced)

1/2 t Dried Thyme

1/2 t Ground Black Pepper

1/4 c Cornstarch

2 1/2 c Red Wine

1 c Beef Broth

3 T Brown Sugar

8 oz Mushrooms (sliced)

3 Celery Stalks (diced)

2 Bay Leaves

1 t Salt

1/4 c Parsley (chopped)

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## Instructions

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1. Blot short ribs with paper towels to dry. Season both sides with salt and pepper. Using an Instant Pot, press the SautÃ© button and make sure itâ€™s on high. Heat half the oil in the pot, when hot, add half the short ribs and brown. This will take about three to four minutes per side. You want them very nice and caramelized. Repeat with the next batch of short ribs.
2. After the ribs have browned, remove carefully and place them in a bowl. Add the minced shallots, diced carrots, sliced mushrooms, and diced celery. SautÃ© for about five minutes until tender, then add the tomato paste. SautÃ© for another four minutes. Add flour and cook until the flour is incorporated into the vegetables.
3. Pour the wine and the beef broth into the skillet and stir. Add the brown sugar, bay leaves, thyme, a teaspoon of salt, and half a teaspoon of pepper. Stir well. Add ribs back into the pot along with their juices. Press the Meat/Stew button and set timer for 45 minutes. Make sure the valve is switched to sealing.
4. Once timer goes off, wait another 20 minutes for the pressure to naturally release. Open lid slowly and transfer meat into serving dish. Skim layer of fat off the surface and discard.

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5. Press SautÃ© button and bring to a boil. Mix cornstarch with 1/4 cup water and stir into the pot. Boil sauce for about 15 minutes until sauce has thickened. Pour sauce on top of meat and top with parsley.