

# Braised Short Ribs

Serves 6 - 8



## Ingredients

2 large heads garlic, halved crosswise  
1 tablespoon avocado oil  
5 pounds bone-in short ribs, patted dry with a paper towel and seasoned with kosher salt and pepper  
1 pound crimini mushrooms  
1 medium onion, chopped  
4 ribs celery, chopped  
2 medium carrots, chopped  
3 tablespoons tomato paste  
2 cups dry red wine  
2 cups good-quality beef stock  
4 sprigs fresh thyme  
½ cup chives, finely chopped  
Large handful of fresh flat-leaf parsley, chopped

## Steps

1. Preheat oven to 450°F. Place the heads of garlic into a piece of foil. Top them with avocado oil. Make a pouch and close the foil. Place on a sheet pan in the oven. Allow to roast for 15-ish minutes or until the garlic is softened and browned on top. Remove and set aside.
2. In the pot of a pressure cooker on the “brown” or “saute” function, begin browning the seasoned meat (do not add any oil as the fat will render off). Work in batches as not all the short ribs will fit at a time. Once meat has browned on all sides, remove to a plate or bowl.
3. Remove all but 2 tablespoons of the beef fat (make sure to leave the browned bits in the pot - that’s great flavor!!). Add the mushrooms and allow the mushrooms to brown. Remove to the serving bowl you plan to put the braised ribs in once finished. Now add the onion, celery and carrots and allow the vegetables to brown and soften on high heat - about 5-7 minutes. Stir often. Add the tomato paste, red wine and beef stock. Scrape all the browned bits from the bottom and sides of the pot. Add the fresh thyme and all the short ribs with the juice that’s been released back into the pot. (not the mushrooms!)
4. Close the lid and steam valve on your pressure cooker and cook on high for 35 minutes. Allow the pressure to release naturally for 10 minutes before using the quick release.
5. At the point the meat should be falling off the bone. Remove the meat and bones to the serving bowl with the mushrooms. Strain the liquid to a large bowl discarding the veggies. Pour the liquid back to the pot and using the “reduce” function, boil the mixture for a 5-ish minutes to reduce. Taste it for seasoning. Pour the sauce over the short ribs. Top with parsley and chives and serve hot!