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Braised Short Ribs with Honey Roasted Carrots

First Posted: 10/27/11 05:55 PM ET Updated: 1/9/12 11:23 AM ET

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Julie Toy

 Provided by: [Curtis Stone](#)


3 hr 35 mins total 15 mins prep

Full Screen

6

Servings

Ingredients

- Short Ribs:
- 3 1/2 to 4 pounds meaty [beef](#) short ribs
- [Salt](#) and freshly ground black [pepper](#)
- 2 tablespoons [olive oil](#)
- 4 large [shallots](#), coarsely [chopped](#)
- 2 large [carrots](#), peeled and coarsely chopped
- 2 [celery](#) stalks, coarsely chopped
- 4 [garlic cloves](#), finely chopped
- 1 cup [dry red wine](#)
- 3 cups beef [stock](#)
- 2 fresh [thyme](#) sprigs
- 1 fresh [rosemary](#) sprig
- 1 [bay leaf](#)
- Carrots:
- 2 bunches heirloom carrots (about 2 pounds), peeled, trimmed
- 2 shallots, thinly sliced
- 2 large sprigs thyme
- 3 tablespoons [butter](#), melted
- Salt and freshly ground black pepper
- 2 tablespoons [honey](#)

Directions

- PREPARE SHORT RIBS:
- Preheat the oven to 300F.
- Heat a large, heavy [pot](#) over medium-high heat.
- Season the beef on all sides with salt and pepper and drizzle lightly with oil.
- Add the beef to the pot and [cook](#) until golden [brown](#) on all sides, about 12 minutes. Transfer the beef to a bowl or plate. Using paper towels, [dab](#) up some of the excess oil in the pot.

- PREPARE BRAISING MIXTURE:
- Reduce the heat to medium and add the shallots to the pot.
- Saute until the shallots are golden, about 2 minutes.
- Add the carrots, celery, and garlic and saute for 3 minutes.
- Add the wine and [simmer](#) until the liquids are evaporated, stirring to scrape up any browned bits on the bottom of the pot; about 5 minutes.
- Stir in the beef stock, thyme, rosemary, and bay leaf. Return the beef to the pot.
- Bring to a simmer and skim the froth from the top of the cooking liquid. Then cover the pot and transfer it to the oven.
- [Braise](#) until the beef falls apart with a fork, about 2 1/2 hours.
- Remove from the oven and let the beef rest uncovered in the braising liquid for 15 minutes.
- WHILE RIBS REST, PREPARE CARROTS:
- Increase the oven temperature to 400F.
- Cut the carrots lengthwise in half if they are thick.
- Toss the carrots, shallots, thyme and butter on a heavy large [baking](#) sheet to coat.
- Arrange the vegetables evenly over the baking sheet.
- Sprinkle with salt and pepper and [roast](#) in the oven, stirring occasionally, for about 15 minutes, or until the carrots and shallots are [tender](#).
- Remove the carrots from the oven and return to the stove over medium heat.
- Drizzle the honey over the carrots and gently toss to coat.
- Season to [taste](#) with more salt and pepper, if necessary.
- WHILE CARROTS ROAST, MAKE SAUCE:
- Using a slotted spoon, gently remove the beef from the liquid to a platter and cover with foil to keep hot.
- Strain the braising liquid through a fine-mesh strainer into a clean saucepan.
- Simmer the [sauce](#) over medium-high heat until it reduces enough to coat the back of a spoon.
- SERVE:
- Place a portion of the short ribs and carrots on individual serving plates.
- Spoon some of the sauce over the beef and serve.
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