

BEEF SHORT RIBS STEW

Submitted by Barbara Jones, Amy Ramsden's mom

Preheat oven to 300 degrees.

Have on hand: 4 lbs short ribs, thick-cut bacon, 1 bottle beer, garlic, 1 can whole peeled tomatoes, 2 lb potatoes, spices.

In large bowl, combine 1/2 c flour, 2 T hot paprika, 2 t smoked paprika, 1 t salt & 1 t pepper. Toss about 4 lbs short ribs in mixture.

In ovenproof pot, such as a Dutch Oven, cook 4 strips thick-cut bacon over medium high heat, until fat renders. Transfer to paper towels & reserve.

Pour off all but 1 T fat from pot. Add short ribs & brown on all sides, 3 to 5 minutes per side.

Chop cooked bacon & set aside. Transfer ribs to a plate & reserve.

Add 1 medium chopped onion with 1/2 t salt to pot and cook till softened, about 3 minutes. Add 4 cloves finely chopped garlic & cook 1 minute. Add 1 bottle beer & scrape up any browned bits of the bottom of the pan. Add 1 14-oz can whole peeled tomatoes chopped with its juices. Add reserved bacon. Increase heat to high and bring mixture to a boil. Return short ribs to pot, cover, bake 2 hours.

Peel 2# Yukon Gold or russet potatoes & cut into 1" pieces. Add to short ribs, cover & bake until tender and meat pulls away from bone, about 30 minutes. Add salt and pepper to taste. Spoon off excess fat & serve hot.

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We loved this way to cook Mountain Beef short ribs. It is called a stew but has very little juices. It wouldn't hurt to add some beef broth if you wanted more juice.

It likely isn't necessary to have smoked paprika, but it does add a subtle flavor that's good. Lots of recipes out there now call for smoked paprika. Funny how certainly ingredients become popular for a time.

MOUNTAIN BEEF

Naturally grown beef: grass-fed, chemical and hormone-free, lower in fat and calories

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