



Braised Beef Short Rib, Farro and Autumn Vegetables

Nickel & Nickel Quicksilver Vineyard Cabernet Sauvignon, Rutherford, Napa Valley

by Executive Chef Trevor Eliason

Ingredients

- 3 pounds boneless beef short rib,
cut into 2-inch cubes
- Salt and freshly ground pepper,
to taste
- 4 tablespoons olive oil
- 2 cups Nickel & Nickel Quicksilver
Cabernet Sauvignon
- 8 cups beef stock
- 1 bay leaf
- 4 garlic cloves
- 1 cup farro
- 1 tablespoon olive oil
- ½ cup onion, diced small
- 2 ½ cups water
- 2 parsnips,
peeled and cut into 1-inch pieces
- 2 rutabagas,
peeled and cut into 1-inch cubes
- 2 cups butternut squash,
peeled and cut into 1-inch cubes
- 1 tablespoon thyme or sage leaves,
roughly chopped
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- Pepper, to taste
- 1 tablespoon sherry vinegar
or red wine vinegar
- 2 tablespoons chopped chives

METHOD

Braised Beef Short Rib:

Preheat the oven to 275°F. Cut the beef short rib into 2-inch by 2-inch cubes, and season generously with salt and pepper. Heat a cast iron pan on high heat, then start with two tablespoons of olive oil and the first batch of beef. Sear for two minutes, or until brown and caramelized. Repeat on the other side. Remove the beef from the pan and place into a baking dish, discarding spent oil. Continue this process until all the meat is browned. In a medium sized pot, bring the wine and beef stock to a boil and simmer for 20 minutes, reducing by a third. Pour the liquid over the seared beef; add the bay leaf and cloves of garlic. Cover the pan with aluminum foil, and place in the oven to bake for 3 hours. Get started on the rest of the meal while you wait. (Note: Braising the beef can be done a day in advance.)

Farro:

Hand-rinse the farro in a fine strainer for 30 seconds. Tap off excess water. In a medium sized pot on medium heat, add the olive oil and sweat the diced onion until soft. Add the water and farro and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes.

Autumn Vegetables:

Turn oven temperature up to 375°F. Peel and cut all the autumn vegetables: rutabaga, parsnips and butternut squash. Toss together in a medium size-bowl with the thyme (or sage), olive oil, salt and a few grinds from your pepper mill. Lay out on a baking pan and place in the oven for 20 to 30 minutes, or until tender and lightly browned.

Presentation:

To finish the short rib, remove the meat from the oven. It will be finished when it is tender enough for a fork to come out without sticking. Strain two cups of the cooking liquid into a small sauce pot on high heat, until the liquid is reduced to a half-cup, skimming off any fat. Keep warm.

When the farro is finished, add your sherry vinegar and freshly chopped chives. Scoop a generous mound of farro on your plate, and then using tongs, set down five pieces of the braised short rib. Spoon the reduction sauce across the top then garnish with autumn vegetables. Enjoy with a glass of Nickel & Nickel Quicksilver Vineyard Cabernet Sauvignon!

Serves 4