

Beef Short Ribs

Disney's Animal Kingdom Lodge
Sanaa Kidani Village

Ingredients

- 3 to 4 pound of short ribs, cleaned
- 4 tablespoons olive oil blend, divided
- ½ cup large diced Spanish onion
- ½ cup sliced celery stalks
- ¾ cup red wine
- 1 clove garlic
- 1 tablespoon sliced ginger
- 1 each cinnamon stick, broken
- ½ tablespoon whole cloves
- 1 tablespoon crushed cardamom
- 1 tablespoon coriander seed
- ½ tablespoon cumin seed
- 1 each bay leaf
- ¼ crush thyme
- ¾ cup chicken stock
- ¾ cup veal demi-glaze
- Kosher Salt and Black Pepper to taste



Directions

1. Season short ribs with salt, pepper and oil.
2. In a large skillet, add olive oil until smoking. Quickly add ribs and sear until all 4 sides are golden brown. Set aside.
3. Add vegetables to skillet and caramelize 5 to 7 minutes.
4. Add herbs and spices and cook an additional 5 minutes.
5. Deglaze pan with wine. Reduce until none of the mixture remains. Remove from heat.
6. Place veggies in a large pan, add the vegetable, spices and wine mixture. Lay ribs on top.
7. Add chicken stock and demi-glaze.
8. Bake at 350° oven until the ribs are done.

