



black pepper & mustard braised short ribs

2 Tbs. *each* brown mustard seeds,
yellow mustard seeds and peppercorns,
coarsely ground

2 tsp. salt

5 lb. bone-in beef short ribs

3 Tbs. vegetable oil

1/4 cup bourbon

2 large yellow onions, diced

2 celery stalks, diced

2 carrots, peeled and diced

4 garlic cloves, peeled and smashed

2 Tbs. beef demi-glace

3 Tbs. honey

3 cups beef stock

2 Tbs. red wine vinegar

1 Tbs. chopped fresh flat-leaf parsley

In small bowl, combine mustard seeds, pepper and salt. Rub onto short ribs. In stovetop-safe insert of slow cooker over medium-high heat, warm 2 Tbs. oil. Brown ribs in batches. Transfer to plate.

Add bourbon to insert; stir and simmer 2 minutes. Add 1 Tbs. oil and onions; cook 7 minutes. Add celery, carrots and garlic; cook 7 minutes. Add demi-glace, honey, stock and vinegar; bring to simmer. Add ribs; transfer insert to slow-cooker base. Cover; cook on high 6 hours. Transfer ribs to platter. Using stick blender, puree sauce and vegetables in insert. Place insert over high heat; simmer sauce 17 minutes. Pour sauce over ribs. Garnish with parsley. Serves 4-6.