

## **Braised Beef Short Ribs with Pomegranate Reduction**

from [www.farministasfeast.com](http://www.farministasfeast.com)

serves (4) with (2) short ribs per person

### **Ingredients:**

2 tbsp olive oil

3 pounds beef short ribs (bone in ok)

1/2 cup all purpose flour\*

fresh ground sea salt & pepper

1 1/2 cups pomegranate juice

1/4 cup pomegranate vinegar

4 tbsp dark brown sugar

mashed potatoes or cauliflower mash

\*you may skip the flour (or substitute rice flour) and brown the short ribs seasoned with salt and pepper for a gluten-free preparation.

### **Directions:**

Preheat the oven to 300F.

Combine the flour, salt and pepper in a large gallon-size ziplock bag. Add the short ribs, seal, and shake the bag to coat the meat with flour mixture.

Heat the olive oil a large heavy skillet (preferably cast iron) on the stove over medium heat. Shake off any excess flour from each short rib, and place each rib in the hot oil. Sear on all sides until light golden brown (about a minute or two per side).

Remove browned ribs from the pan and set aside.

In a small sauce pan, combine the pomegranate juice, pomegranate vinegar and brown sugar over medium heat. Simmer and stir juice until the brown sugar is melted. Remove pan from the heat and aside.

Place the browned short ribs in a dutch oven or ceramic casserole (with a lid). Pour the pomegranate juice mixture over the top of the ribs.

Cover the dish with a lid and place on the center oven rack for 2 1/2 to 3 hours to braise. When done, the ribs should easily fall off the bone and the sauce will have thickened slightly.

For each serving, place (2) short ribs in a bowl over mashed potatoes with several spoonfuls of the braising juices. Garnish with pomegranate seeds if desired.

SWOON! \*Note: Refrigerate remaining ribs and juices overnight to allow excess fat to solidify. Remove fat solids before reheating. This dish only gets better as the flavors meld.