

MARIO'S OLD STYLE - BRAISED SHORT RIBS

Ingredients:

- 5 pounds "English Style" beef short ribs (6 to 8 ribs), trimmed of excess fat
- Salt and pepper
- 2 tablespoons vegetable oil
- 2 tablespoons unsalted butter
- 3 pounds yellow onions, halved and sliced thin
- 2 tablespoons tomato paste
- 2 (12-ounce) bottles of Old Style Beer
- 2 bay leaves
- 2 teaspoons minced fresh thyme leaves
- 2 tablespoons soy sauce
- 12 pitted prunes
- 3 tablespoons Dijon mustard
- 2 tablespoons minced fresh parsley leaves

Cooking Instructions:

1. Season ribs with salt and pepper. Heat oil in skillet over medium-high heat until just smoking. Add half of ribs, meaty side down, and cook until well browned, about 5 minutes. Turn each rib on one side and cook until well browned, about 1 minute. Repeat with remaining sides. Transfer ribs to slow-cooker insert, arranging them meaty side down. Repeat with remaining ribs.

2. Pour off all but 1 teaspoon fat from skillet. Add butter and reduce heat to medium. When butter has melted, add onions and cook, stirring occasionally, until well browned, 25 to 30 minutes. Stir in tomato paste and cook, coating onions with tomato paste, until paste begins to brown, about 5 minutes. Stir in Old Style Beer, bring to simmer, and cook, scraping browned bits from pan bottom with wooden spoon, until foaming subsides, about 5 minutes. Remove skillet from heat and stir in bay leaves, 1 teaspoon thyme, soy sauce, and prunes. Transfer to slow-cooker.

3. Set slow cooker on low, cover, and cook until ribs are fork-tender, 10 to 11 hours. Transfer ribs to baking dish and strain liquid into bowl to remove solids and fat.

Recipe works best when started the shift before at the firehouse. You can cover and refrigerate ribs and liquid separately for up to 2 days. When liquid sits in fridge the fat will solidify on top of gravy making it easier to remove from this dish. All you need to do then is reheat gravy and ribs meaty side down in a Dutch oven and you're ready to serve when your sides are ready. Otherwise continue to steps 4 and 5 on day of initial preparation...

4. When ready to serve, use spoon to skim off fat from liquid. Transfer ribs to serving platter.

5. Whisk mustard and remaining teaspoon thyme into sauce and season with salt and pepper. Pour sauce over ribs. Sprinkle with parsley and serve over mashed potato, polenta or plain egg noodle.

MANGIA - MANGIA TIME!