

THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

SHORT RIBS

Braise 4 pounds of short ribs cut in 2 inch lengths in 6 tablespoons of extra virgin olive oil...

Braise until browned well on all sides...
Remove and drain on a paper towel...

In olive oil add:

8 cloves chapped garlic
2 cups sliced carrots
3 cups sliced onions
6 whole cloves
2 cups canned Italian plumb tomatoes
½ cup chopped Italian parsley
1 - 8 oz. can tomatoes paste
2 Tablespoons of Basil
1 teaspoon salt (OPTIONAL)
1 teaspoon black pepper
1 table spoon brown sugar (OPTIONAL)
¼ teaspoon paprika
2 cans beef stock or make your own (and well do a show on stock)
2 tablespoons balsamic vinegar

Simmer all ingredients until it starts to boil

Place short ribs in baking or casserole dish
Cover with the vegetable mixture and bake covered in the oven at 350° for 1 ½ hours.. this causes a lot of the flavors to baking into the meat...

Then uncover and bake for another 1 ½ hours...