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Braised Ribs Fiorentina

With cold weather a butcher's thoughts turn to beef and satisfying beef ribs in particular. Pair these tender short ribs with creamy polenta enhanced with a bit of Parmigiano to catch the gravy and it's *squiz-eat-oh!*

250g Alex's ready rubbed beef short ribs per person x 6 (omit rub below)
a splash of olive oil

1 medium carrot, finely diced

1 large red onion or 1 medium brown onion, finely diced

1 small bulb of fennel, finely diced

1/2 tsp. minced anchovies

1-1/2 cups dry red wine

1 x 400g tin chopped plum tomatoes

1/2 glass of beef stock or 1 tsp Bovril

1 tbsp finely chopped fresh parsley

Trapani sea salt and freshly ground black pepper to taste

to make the rub crush 2 large cloves of smoked garlic with a good pinch each of sea salt, black pepper, chilli, thyme, rosemary, coriander & fennel seed then marinade the meat overnight before use

Preheat your oven to 180°C to roast or use a slow cooker for braising. In a pan brown the ribs with a splash of olive oil to seal then move to the slow cooker. Sauté the chopped veg with a lid on then add to the casserole with a couple of anchovy fillets or tsps anchovy paste and a tine of tomatoes then top with Chianti to barely cover then slow cook 6-8 hrs or roast covered for 1-2hrs on low until tender. Season with salt and pepper before serving with a bit of chopped parsley on top. Serve with roast polenta wedges and seasonal vegetables. Serves 6

Squisito - the only food producer in the Midlands Shortlisted 'Best Food Producer' in the BBC Radio 4 Food and Farming Awards 2012