

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING SHORT RIB BOURGUIGNON (BRAISED SHORT RIBS IN RED WINE)

SALAD COURSE:

Warm Pear, Arugula & Walnut Salad with Sherry Vinaigrette

INGREDIENTS

4 cups baby arugula
2 ripe Bosc or Bartlett pears, halved, cored, thinly sliced
1/2 cup toasted walnuts, rough-chopped
2 oz crumbled goat cheese or soft blue cheese (optional)
2 tbsp extra-virgin olive oil
1 tbsp sherry vinegar (or red wine vinegar)
1 tsp Dijon mustard
1 tsp honey
Salt and freshly ground black pepper

PREPARATION

Whisk olive oil, sherry vinegar, Dijon, honey, salt and pepper to make vinaigrette.
Toss arugula with half the vinaigrette.
Lightly sauté pear slices in 1 tbsp butter on medium heat until just golden (1–2 minutes per side), remove and cool slightly.
Arrange dressed arugula on plates, top with warm pear slices, sprinkle walnuts and crumbled cheese, finish with remaining vinaigrette to taste.

PRESENTATION

Serve on chilled salad plates; place arugula in a loose nest, fan pear slices on top, scatter walnuts and cheese. Drizzle a thin line of vinaigrette around the rim for a restaurant touch.

ENTREE — SHORT RIB BOURGUIGNON (BRAISED SHORT RIBS IN RED WINE)

INGREDIENTS (SERVES 4)

4–6 bone-in beef short ribs (about 3–4 lb / 1.4–1.8 kg)
Salt and freshly ground black pepper
2–3 tbsp vegetable oil or clarified butter
6 slices bacon, chopped (optional but recommended)

1 large onion, diced
2 carrots, peeled & diced
2 celery stalks, diced
4 cloves garlic, smashed
2 tbsp tomato paste
2 cups (480 ml) full-bodied red wine (use a good cooking wine; reserve the pairing bottle for the table)
2 cups (480 ml) beef stock (low sodium)
2 bay leaves
3–4 sprigs fresh thyme (or 1 tsp dried thyme)
8–10 small pearl onions, peeled (optional)
8 oz cremini or button mushrooms, halved
2 tbsp butter
2 tbsp flour (for thickening, optional)

PREPARATION

Preheat oven to 325°F (160°C). Pat short ribs dry; season generously with salt and pepper.

In a heavy Dutch oven over medium-high heat, add oil. Brown short ribs on all sides (3–4 minutes per side). Remove and set aside.

Add chopped bacon to render fat; when crisp, remove with a slotted spoon and set aside (keep fat).

Sauté onion, carrots, celery in the bacon fat until softened and lightly caramelized (8–10 minutes). Add garlic and tomato paste, cook 1–2 minutes.

Deglaze with red wine, scraping browned bits; reduce wine about one-third (3–5 minutes).

Return short ribs and bacon to pot. Add beef stock, bay leaves, thyme. Bring to a simmer, cover, and transfer to oven. Braise 2.5–3 hours until meat is very tender and falling from the bone.

Meanwhile, in a skillet, sauté pearl onions and mushrooms in butter until golden; set aside.

When ribs are done, remove meat to a platter. Strain braising liquid into a saucepan, skim fat. If you want a thicker sauce, simmer, whisk in a beurre manié (2 tbsp butter + 2 tbsp flour kneaded together) and reduce to a rich glaze. Add mushrooms and pearl onions to the sauce and reheat briefly. Season to taste. Return ribs to the sauce to coat and warm before serving.

PRESENTATION

Spoon a bed of mashed potatoes or parsnip purée (see sides) onto warm plates. Place a short rib atop, spoon generous amounts of glossy sauce with mushrooms and pearl onions over the meat. Garnish with a sprig of thyme and a grind of black pepper.

SIDE DISH 1 — CREAMY PARMESAN MASHED POTATOES

INGREDIENTS

2 lb (900 g) Yukon Gold or Russet potatoes, peeled and cut into even chunks
4 tbsp unsalted butter
1/2 cup warm whole milk or cream (adjust for desired consistency)
1/3 cup grated Parmesan cheese
Salt and white pepper to taste
Chopped chives (optional)

PREPARATION

Boil potatoes in salted water until very tender (15–20 minutes). Drain well. Mash or ricer potatoes until smooth. Stir in butter, warm milk, Parmesan; season with salt and white pepper. Adjust texture with more milk if needed.

PRESENTATION

Spoon into a warm serving bowl or pipe onto plates with a spoon. Sprinkle chopped chives and a light shaving of Parmesan. Serve immediately alongside the short ribs.

SIDE DISH 2 — GLAZED BABY CARROTS WITH THYME

INGREDIENTS

1 lb (450 g) baby carrots, peeled (or small carrots cut uniformly)
2 tbsp butter
1 tbsp brown sugar or honey
1/3 cup chicken or vegetable stock (or water)
1 tsp fresh thyme leaves (or 1/2 tsp dried)
Salt and pepper

PREPARATION

In a sauté pan, melt butter over medium heat. Add carrots, brown sugar/honey, and stock. Bring to a simmer. Cover and cook until carrots are tender (8–12 minutes). Remove lid, increase heat and reduce liquid to a glossy glaze, shaking pan occasionally. Stir in thyme, season to taste.

PRESENTATION

Arrange carrots in a neat bundle or fan on the plate next to the short rib. Spoon any remaining glaze over them and add a thyme sprig for garnish.

DESSERT — DARK CHOCOLATE POTS DE CRÈME WITH SEA SALT

INGREDIENTS (4 SERVINGS)

8 oz (225 g) dark chocolate (60–70% cocoa), finely chopped

2 cups (480 ml) heavy cream

3 large egg yolks

2 tbsp granulated sugar

1 tsp vanilla extract

Pinch of sea salt

Whipped cream and shaved chocolate for garnish

PREPARATION

Preheat oven to 325°F (160°C). Warm cream in a saucepan until just steaming.

Remove from heat.

Place chopped chocolate in a heatproof bowl; pour hot cream over chocolate and let sit 1 minute, then whisk until smooth. Stir in vanilla and sea salt.

In a separate bowl, whisk yolks and sugar lightly. Temper the yolks by slowly whisking in a few tablespoons of the chocolate mixture, then combine yolk mixture into the chocolate cream.

Strain custard through a sieve into a measuring cup. Divide into 4 ramekins.

Place ramekins in a baking dish and pour hot water into the dish to come halfway up ramekins. Bake 25–30 minutes until custards are set at the edges but slightly wobbly in the center. Chill at least 2 hours.

Before serving, top with a dollop of whipped cream, chocolate shavings and a tiny pinch of flaky sea salt.

PRESENTATION

Serve chilled ramekins on a small dessert plate with a spoon; add a decorative chocolate curl or mint leaf if desired.

Wine Pairing (single recommendation)

KAIKEN ULTRA MALBEC RED WINE

The Kaiken Ultra Malbec offers ripe dark fruit, supple tannins and savory spice that complement the rich, braised beef, the umami mushrooms and the tomato-wine braise in the Short Rib Bourguignon without overpowering the dessert when enjoyed at the end of the meal. One bottle pairs well across the whole menu.