



CABERNET-BRAISED  
SHORT RIBS *with*  
ROASTED WINTER  
SQUASH

Trefethen

# CABERNET-BRAISED SHORT RIBS *with* ROASTED WINTER SQUASH



## SHORT RIB INGREDIENTS

2 Tbsp Trefethen extra virgin olive oil  
5 lbs bone-in short ribs, 1 ½-in thick  
1 large head of garlic, halved crosswise  
1 medium onion, chopped  
4 ribs celery, chopped  
2 medium carrots, chopped  
2 Tbsp tomato paste  
2 cup Trefethen Cabernet Sauvignon  
2 cup beef stock or bone broth, plus  
more as needed  
4 sprigs thyme  
kosher salt and freshly ground pepper

## SQUASH INGREDIENTS

2 lb winter squash, large diced  
Trefethen extra virgin olive oil  
salt and pepper to taste  
mixed herbs of your choice

## TREFETHEN WINE PAIRING

***Reserve Cabernet Sauvignon:***  
*Enduring aromas of juicy blackberries  
and dried cherries are accompanied by  
flavors of dark chocolate and an elegant  
touch of cedar.*

## PROCEDURE

1. Heat oven to 275F. Heat olive oil in a large dutch over medium-high heat. Season short ribs on all sides with salt and pepper. Working in batches, sear short ribs on all sides until deeply and evenly browned, about 8-10 minutes per batch. Transfer browned short ribs to a large plate and continue searing remaining ribs.
2. Pour off most of the remaining fat and discard. Be sure to leave the good, browned pieces in the pot. Reduce heat to medium, and add garlic with the cut side down. Cook undisturbed until golden brown, about 1-2 minutes. Add onion, celery, and carrots. Season with salt and pepper, stir to coat and cook until vegetables are softened but not browned, about 10 minutes. Add tomato paste and stir to coat. Continue cooking and stirring until tomato paste begins to caramelize slightly on the bottom and edges of the pot, about 2-3 minutes.
3. Deglaze the pot with wine and scrape up any caramelized pieces stuck to the bottom using a wooden spoon. Let simmer for 2-3 minutes to reduce. Stir in beef stock and thyme.
4. Return short ribs to pot, along with any juices. Arrange ribs until submerged. If just barely covered, nestle ribs bone-side up so that all meat is under liquid, adding more beef stock or water if necessary. Bring to a simmer, then cover and transfer to the oven.
5. Cook undisturbed until short ribs are meltingly tender and almost falling off the bone, 3-4 hours. Remove the ribs from the pot, taking care not to let the bone slip out, and transfer them to a large plate. Skim the fat from the top of the sauce and adjust seasoning if needed. Return ribs to the pot and let rest in sauce.
6. For the winter squash, preheat the oven to 400F. Place the winter squash on a baking sheet and season with oil, salt and pepper. Bake in the oven for 15-20 minutes or until tender and caramelized. Once cooked, top with your choice of herbs while still warm.
7. Bring the ribs and sauce to a simmer on the stove. In a shallow bowl, spoon squash into the center as a bed for the ribs. Place ribs atop squash and ladle over with sauce from the pot. Enjoy!