



Braised Beef Short Ribs with Apple & Caramelized Onions

Ingredients:

- 2.5 kg (about 5.5 lbs) bone-in beef short ribs
- 3 tbsp all-purpose flour
- Sea salt (preferably coarse) and freshly ground black pepper
- 1 tbsp butter, for searing
- 4 large yellow onions, thinly sliced
- 500 ml (about 2 cups) cloudy apple juice (e.g., “Pomm” by Klindworth)
- 400 ml (about 1 $\frac{2}{3}$ cups) beef or chicken stock
- 6 large carrots, thickly sliced
- 1 whole fresh head of garlic, top and base trimmed flat
- 2 apples, cut into thick wedges
- 1 bunch fresh thyme
- 2 bay leaves

Instructions:

1. **Preheat** the oven to **150°C / 300°F (conventional heat)**.
2. **Season** the short ribs generously with salt and pepper, then dust lightly with flour. Heat a large, oven-safe Dutch oven or braising pot over high heat. Working in two batches if needed, sear the ribs well on all sides until deeply browned. Remove and set aside. Wipe the pot clean with a paper towel.
3. **Add** the butter and sliced onions to the pot and cook for a few minutes until softened. Pour in **150 ml (about $\frac{2}{3}$ cup) apple juice**, season with salt and pepper, and continue cooking until the liquid has evaporated and the onions are lightly caramelized.
4. **Return** the browned ribs to the pot. Add the remaining **350 ml (1 $\frac{1}{2}$ cups) apple juice**, the stock, carrots, thyme, and bay leaves. Arrange the apple wedges and the trimmed garlic head around the meat. Cover and **braise in the oven for 3–5 hours**, until the meat is melt-in-your-mouth tender and easily pulls away from the bone.
5. **Remove** the bay leaves and thyme sprigs. Serve the short ribs on a bed of mashed potatoes, spooning the sauce and caramelized onions generously over the top.