

OLEANA'S TAMARIND BRAISED BEEF SHORT RIBS WITH VANILLA-GLAZED CARROTS AND ISRAELI COUSCOUS

INGREDIENTS

8 beef short ribs, weighing about 6 to 8 pounds
4 tablespoons kosher salt
1 large onion, peeled and roughly chopped
1 whole carrot, peeled and roughly chopped
1 bay leaf
1 cup balsamic vinegar
1 cup dry Riesling
1/2 cup packed brown sugar
1 tablespoon chopped garlic (about 3 cloves)
2 tablespoons tamarind paste
4 medium carrots, peeled
2 tablespoons butter
1/2 vanilla bean
Salt and pepper to taste
1 tablespoon freshly squeezed lemon juice
1 cup Israeli couscous
1 1/2 cups low-sodium chicken broth
1 tablespoon butter

DIRECTIONS

Preheat the oven to 350F.

Season each of the short ribs generously with the kosher salt. Lay them side by side in a large, heavy roasting pan. Scatter the onion, chopped carrot, and the bay leaf over the ribs. Combine the Vinegar, wine, brown sugar, and garlic in a small mixing bowl and pour the mixture over the short ribs. Place the tamarind in the same bowl and add 1 cup of hot water to dissolve it a little. Whisk the tamarind to loosen it and then add it and the liquid to the short ribs. There may be pulp and seeds from the tamarind, which you can strain out after cooking. The liquid should come 3/4 up the sides of the short ribs. Add more water if necessary.

Cover the pan tightly with foil and then again with a second layer of foil. Place the pan in the oven and braise the short ribs for 3 to 3 1/2 hours. Remove the foil and check that the short ribs fall apart when poked with a fork. Remove the ribs carefully with tongs, place them onto a serving dish, cover, and set aside at room temperature.

Strain the liquid (you should catch any tamarind seeds or bits of garlic, onion, and carrot) through a fine strainer into a large container. Chill the pitcher of liquid for at least 1 hour so the fat rises to the top. Remove the fat; it should form a large, solid chunk at the top when cold.

While the braising liquid is cooling, slice the carrots slightly on the bias into 1/2 inch-thick ovals. In a medium sauté pan over medium heat, melt the butter. Split the vanilla bean in half lengthwise and scrape the seeds with a knife into the melting butter. Add the carrots and 1/2 cup water. Season with salt and pepper. Cook the carrots on medium heat until they soften and become lightly glazed, about 10 minutes. Add the lemon juice and stir. Reseason.

In a large, deep-sided sauté pan over high heat, bring the skimmed braising liquid to a boil and add the short ribs. Reduce the heat to medium-low and simmer the short ribs for 20 to 25 minutes, until they start to glaze in the sauce. The sauce will thicken after 15 minutes. Keep warm.

Meanwhile, cook the couscous. In a small saucepan with a lid, bring chicken broth to a boil. Add butter and couscous. Bring back to a boil, reduce heat and simmer, covered, for 10 minutes. Remove from heat and fluff with a fork.

Roll the short ribs around in their sauce, using a pair of tongs, to make them a little more glazed and sticky. Place each short rib on a plate and spoon on a little extra sauce. Serve with glazed carrots.