

Shepherd's Pie

What do you do with short ribs? It seems when we're helping customers with their customized beef cut sheets, this is a common question. Most people don't like or want beef short ribs, so Nana's been experimenting. She's been able to make carne guisada, chili, and now shepherd's pie. In the past, she's used ground beef to make shepherd's pie, but this is her short rib version.

Ingredients

5 pounds short ribs *(There will be more bone and fat than meat.)*
salt and pepper
2 tablespoons olive oil
1 cup onion, chopped
2 cloves garlic, chopped
¾ cup red wine
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon thyme
½ teaspoon celery seed
2 cups beef broth
2 cups carrots, peeled and sliced
1 - 12-ounce package English peas
¼ cup water
2 tablespoons flour
3-4 cups mashed potatoes



Instructions

- ❖ Salt and pepper the short ribs.
- ❖ Place in a pressure cooker, electric or stovetop.
- ❖ Cover with water, then pressure for 15 minutes with a quick release.
- ❖ Remove short ribs from broth and cool.
- ❖ Set aside 2 cups of broth with the fat removed.
- ❖ Once cool to the touch, remove meat from the bone and fat.
- ❖ Cut meat into 1-inch cubes.
- ❖ Place fat and bone back into the remaining broth *(Save this for other recipes if you want. Nana uses it to make bone broth for her French onion soup.)*
- ❖ Add 2 tablespoons olive oil to a Dutch oven.
- ❖ On medium heat, sauté onions until translucent.
- ❖ Add garlic, and sauté one more minute.
- ❖ Deglaze with red wine, then add 2 cups of broth, salt, pepper, thyme, and celery seed.
- ❖ Add cubed beef. Cover with lid.
- ❖ Place in 300-degree (Fahrenheit) oven for 2 hours.
- ❖ Add the carrots, then cook an additional 30 minutes. *(Waiting to add the carrots, keeps them from overcooking.)*
- ❖ Make a slurry with your water and flour, then add, and bake for additional 30-60 minutes. Meat will be tender, carrots will be cooked, and sauce will have thickened.
- ❖ Add English peas, then place the meat mixture into greased 9x13 pan.
- ❖ Spread your mashed potatoes on top like icing a cake.
- ❖ Place in oven for 20-30 minutes at 350 degrees Fahrenheit or until heated through.

"O taste and see that the LORD is good: blessed is the man that trusteth in him."

Psalm 34:8


Nana's Kitchen
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