

# Braised Short Ribs & Fettuccine

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Cooking With Carolyn

## Ingredients

Yield: 4 to 6 Servings

1 Pound Beef Boneless Short Ribs, rinsed and pat dry with a paper towel  
½ Teaspoon Kosher Salt  
½ Teaspoon Black Pepper  
1 Teaspoon Grand Diamond All Purpose Seasoning  
3 to 4 Tablespoons Extra Virgin Olive Oil  
1 Small Onion, roughly chopped  
1 Rib of Celery, roughly chopped  
1 Small Carrot, roughly chopped  
2 to 3 Cloves Garlic, chopped  
1 Green Bell Pepper, roughly chopped  
1-14 Ounce Can Diced Tomatoes  
OPTIONAL ¼ Cup Red Wine, Cabernet Sauvignon  
1-14 Ounce Tomato Sauce  
2 Tablespoons Tomato Paste  
1½ Tablespoons Honey  
2½ Cups Beef Broth/Stock, preferably low sodium  
2 Dried Bay Leaves  
1 Teaspoon Oregano  
1 Tablespoon Fresh Thyme, finely chopped  
2 Tablespoons Fresh Italian Parsley  
1 Teaspoon Kosher  
1 Teaspoon Grand Diamond All Purpose Seasoning  
1 Pound Fettuccine  
Garnish: Fresh Parmesan Cheese and Fresh Chopped Basil

## Directions

Preheat oven to 375 Degrees F

Wash and prepare all of the fresh vegetables and herbs.

Add the roughly chopped, carrot, celery, onion, bell pepper and garlic to a food processor and puree. Add the diced tomatoes and pulse until well blended. Set aside.

Season the short ribs. Cut large pies down to 3 or 4 inches in length. In a large dutch oven over medium-high heat, preheat the olive oil for about 2 or 3 minutes. Brown the short ribs on each side for about 2 minutes. Do not crowd the pot, brown the meat in batches if necessary. Set the meat aside after browning. IF red wine is being used, add it to deglaze the bottom of the pot. Stir for about 30 seconds to 1 minute.

In the same dutch oven over medium-high heat, add the pureed vegetables, tomato sauce, tomato paste, honey, beef stock, bay leaves, oregano, thyme, parsley, salt and all-purpose seasoning. Stir well. Turn off the heat. Add the browned short ribs to the sauce. Cover tightly and bake at 375 degrees for about 2½ hours.

Once done, the sauce will cook down and thicken. Remove the short ribs from the sauce, shred it with 2 forks and stir the meat back into the sauce. Boil the fettucine following the manufacturer's directions. Toss the desired amount of sauce into the desired amount of fettuccine. Garnish with parmesan cheese and fresh basil, serve immediately.