

BRAISED BEEF SHORT RIB WITH BUTTERY MASH

WITH SPIER 21 GABLES CABERNET SAUVIGNON



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21 Gables

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There are few dishes as comforting as a slow-braised pot of beef short rib, cooked in red wine. Smoked paprika adds a delightful depth of flavour, and creates a deep colour that almost looks like dark chocolate. Buttery mashed potato makes the perfect companion. Comfort food galore!

INGREDIENTS

Serves 4-6. Prep/cooking time: 1 hour 15 minutes

30 ml olive oil
1,2 kg beef short rib, cut into chunks
salt and pepper
2 red onions, chopped
2 sprigs rosemary, stalks removed, chopped
2 teaspoons (10 ml) Dijon mustard
2 teaspoons (10 ml) flour
2 teaspoons (10 ml) smoked paprika
1/2 bottle red wine
6 large floury potatoes, cooked
1/2 cup milk
125 ml butter
a handful of chopped Italian parsley, to serve

METHOD


In a large heavy-based pot, heat the oil over high heat and brown the meat in batches, seasoning it with salt and pepper as you go. Set the meat aside.

Lower the heat, then add the onions and rosemary and fry until the onions are soft and golden. Add the mustard, flour and smoked paprika and stir well. Add the wine and bring to a simmer, then add the meat and all the juices back into the pot. Stir, cover and simmer over low heat for 1 hour. In the meantime, make the mash: After cooking the potatoes, peel them, then use a masher to create a smooth fluffy mash. Add milk and butter as you go - the texture should be loose, but not runny. Season well with salt and pepper.

When the meat is tender, remove from the heat. Serve on a bed of mash, scattered with chopped parsley, with a glass of Spier 21 Gables Cabernet Sauvignon.



Spier 21 Gables wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za

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