

**Miele**

# Braised short ribs with spiced carrot puree, brussels sprouts and walnut salad

By Miele

**45 minutes**

Preparation time

**3 hours 30 minutes**

Cooking time

**4 serves**

Serves



## INGREDIENTS

### Braised short rib

4 trimmed beef short ribs on the bone (1.6 kg approximately)  
1 tbsp (20 ml) vegetable oil  
Salt and pepper, to taste  
1 brown onion, thinly sliced  
2 celery sticks, thinly sliced  
2 carrots, thinly sliced  
2 tbsp tomato paste  
750 ml red wine  
4 garlic cloves, crushed  
1.5 litres beef stock  
4 sprigs thyme  
2 bay leaves

### Spiced carrot puree

600 g carrots, thinly sliced  
200 g butter  
1 tsp ground cumin  
1 tsp ground coriander  
Salt and pepper, to taste

### Brussels sprouts and walnut salad

250 g Brussels sprouts, halved  
150 g (1 ½ cups) walnuts  
1 eschalot, finely chopped  
1 tsp Dijon mustard  
2 tsp honey  
80 ml (1/3 cup) white wine vinegar  
80 ml (1/3 cup) olive oil  
Salt and pepper, to taste

## METHOD

### Braised short rib

1. Drizzle beef ribs with oil and generously season with salt and pepper.
2. Heat an induction suitable medium gourmet oven dish on high heat, induction setting 8, until slightly smoking.
3. Place ribs in the oven dish, cook for 1 minute on each side, or until browned. Remove from the dish and set aside.
4. Add onion, celery, carrots and tomato paste and cook for 2 minutes, stirring often.
5. Add red wine to the oven dish and deglaze, continue boiling wine to reduce by half.
6. Add ribs, garlic, stock, thyme and bay leaves to the gourmet oven dish.
7. Place in the combi steam oven on shelf position 2. Select Combi mode: Fan Plus at 130°C + 85% moisture + for 3 hours.

### Spiced carrot puree

1. Place carrots, butter and spices into a large vacuum sealing bag and Seal on setting 3 and Vacuum on setting 3.
2. Place in the steam oven and Steam at 100°C for 30 minutes.
3. Remove from the steam oven and transfer carrots to a blender and blend on high until very smooth. Season to taste

### Brussels sprouts and walnut salad

1. Place Brussels sprouts in a perforated steam container.
2. Place into the steam oven and Steam at 85°C for 8 minutes. Remove and place in iced water to chill completely. Once cooled, remove and pat dry.
3. Finely shred the Brussels sprouts and place in bowl with the walnuts and eschalot.
4. In a separate bowl, add Dijon mustard, honey, and white wine vinegar and whisk to combine.
5. While still whisking, slowly add olive oil to emulsify. Season to taste.

### To serve

1. Carefully remove the short ribs from the liquid and place to the side to keep warm.
2. Strain the braising liquid into a large saucepan and place liquid on high heat, induction setting 9.
3. Boil for 20 minutes, or until liquid has reduce by two thirds and can coat the back of a spoon.
4. Brush the short ribs with a little reduced liquid.
5. Combine Brussels sprouts and walnut salad with vinaigrette and season to taste.
6. Serve short rib with carrot puree and Brussels sprouts and walnut salad.

### Hints and tips

- The braised short ribs can also be cooked in a Dialog oven on M Chef + Conventional at 120°C + Intensity Strong + 4 hours.
- Blend the carrots while warm to ensure a silky-smooth puree.