

# Slow-Roasted Medium-Rare Beef Short Ribs

**SERVES** Serves 4

**TIME** 1¾ hours, plus 2 hours salting time

## Why This Recipe Works

For a different take on a tougher cut of beef, we applied a tried-and-true technique for cooking steaks: reverse searing. We first cooked the ribs until they were medium-rare—about an hour in a 275-degree oven. Next, we quickly browned them over high heat on the stovetop to create a flavorful crust. Salting the short ribs and letting them sit for at least 2 hours or up to 24 hours before cooking seasoned them all the way through and aided in tenderizing the meat and retaining juices. The slow cook also helped break down the muscle fibers to ensure tenderness. For a luxurious sauce, we dressed up browned butter with shallot, garlic, Worcestershire sauce, and Dijon mustard.



## Gather Your Ingredients

### Short Ribs

- 1 tablespoon kosher salt
- 1 tablespoon pepper
- 2 pounds boneless beef short ribs, 1½ to 2 inches thick, 2 inches wide, and 4 to 5 inches long, trimmed

## Before You Begin

- \* Plan ahead: The salted short ribs need to sit for at least 2 hours before cooking. You should have about 1½ pounds of meat after trimming.

## Instructions

1. **FOR THE SHORT RIBS:** Combine salt and pepper in small bowl. Pat short ribs dry and sprinkle all over with salt mixture. Transfer to large plate, cover, and refrigerate at least 2 hours or up to 24 hours.

- 1 tablespoon vegetable oil

### **Browned Butter Steak**

#### **Sauce**

- 8 tablespoons unsalted butter
- 2 tablespoons minced shallot
- 1 garlic clove, minced
- ¼ cup Worcestershire sauce
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon packed brown sugar
- 1 tablespoon soy sauce
- 2 teaspoons pepper

2. Adjust oven rack to middle position and heat oven to 275 degrees. Set wire rack in rimmed baking sheet. Evenly space short ribs on prepared rack. Roast until meat registers between 135 and 140 degrees, 50 minutes to 1 hour. Remove from oven and let rest for 10 minutes.
3. FOR THE BROWNED BUTTER STEAK SAUCE: Meanwhile, melt butter in medium saucepan over medium heat. Cook, whisking frequently, until milk solids in butter are color of milk chocolate and have nutty aroma, 3 to 5 minutes. Add shallot and garlic and cook for 30 seconds. Remove from heat and immediately whisk in Worcestershire, vinegar, mustard, sugar, soy sauce, and pepper; set aside.
4. Heat oil in 12-inch nonstick skillet over medium-high heat until just smoking. Sear short ribs until well browned on top and bottom, 1 to 2 minutes per side. Transfer to carving board and let rest for 5 minutes.
5. Reheat sauce over medium heat, whisking frequently, until hot, 1 to 2 minutes. Slice short ribs against grain as thin as possible. Serve, passing sauce separately.

### **Short Ribs 101**

Short ribs are the meaty short ends of ribs and can be cut from anywhere along the rib section of the steer. But most short ribs sold in stores come from the plate or the chuck primal cuts. Wherever they are cut from, short ribs contain a lot of fat, collagen, and connective tissue; have very rich flavor; and can be tough if not cooked properly or long enough.

The boneless short ribs we call for here are English cut. Thinner short ribs cut across the bones are called flanken-style or kalbi-style and are very popular in South America and Korea; they are not thick enough to use here.



#### **English-Cut Boneless Short Ribs**

*Rich, Beefy Flavor*

## **Resting Is Key**

In this recipe, we call for cooking the short ribs to the correct doneness, letting them rest, and then searing them before letting them rest a second time. Our science editor, Paul Adams, explains: “Resting allows the temperature of the meat to equalize from center to surface and allows the whole thing to cool down a little. That firms up the meat, which makes it easier to cut through with a knife without squeezing out juices, keeping them in the meat where they belong.”

## **Great Either Way**

Long braising breaks down short ribs' tough connective tissue via moist cooking. Our dry roasting method does similar work faster, for a completely different eating experience: Texturally, it's like the difference between pot roast (below) and steak.

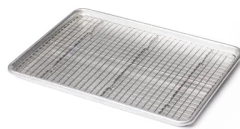


## Gearly Beloved

This recipe isn't hard to pull off, but it does rely on these essential pieces of equipment to work correctly.

### Rimmed Baking Sheet with Rack

Elevating the short ribs on a rack set in a rimmed baking sheet allows the oven's hot air to circulate all around the meat, resulting in even cooking. Without the rack, the meat would be in direct contact with the hot sheet, which would cause it to cook faster on that side.



#### **TEST KITCHEN WINNERS:**

**\*\*Nordic Ware Baker's Half Sheet, \$14.97\*\***

**Checkered Chef Cooling Rack, \$12.95**

### Nonstick Skillet

Searing the short ribs in a nonstick skillet means all the flavorful browning stays on the meat, not in the pan.



**TEST KITCHEN WINNER:  
OXO Good Grips Non-Stick Pro 12" Open Frypan, \$43**

### Instant-Read Thermometer

An accurate thermometer makes all the difference here, as this recipe relies on precision to get the best possible results.



**TEST KITCHEN WINNER:  
ThermoWorks Thermapen ONE, \$105**