

CHEF'S TIP

Make this a day ahead.
Not only will the flavours be mellow
...so will you!!!

BRAISED SHORT RIBS

1/3 cup (75 mL) flour

salt and pepper to taste

1/2 tsp. (2 mL) paprika

**3-4 lbs. (about 2 kg)
beef short ribs, bone in**

2 Tbsp. (30 mL) vegetable oil

2 medium onions

**1/2 cup (125 mL)
tomato sauce**

**1/2 cup (125 mL)
barbecue sauce**

2 Tbsp. (30 mL) molasses

2 Tbsp. (30 mL) cider vinegar

Combine flour, salt, pepper and paprika. Trim excess fat from ribs. Dredge ribs in flour mixture and brown in oil on all sides. Remove to casserole.

Chop onion into large chunks and place on top of browned ribs.

Whisk tomato sauce, barbecue sauce, molasses and cider vinegar together in saucepan. Bring to a boil and pour over ribs and onions. Cover and bake at 275°F (140°C) for 3-4 hours.

*On a cool fall night your family will delight in the taste of barbecue.
Serve with mashed potatoes and a green vegetable.
Serves 4.*

