

Cleo Coyle's Braised Beef Short Ribs with Fall Vegetables

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Braised beef short ribs make a fantastic fall dish. The long stretch in the oven dispels the autumn chill, and the results are rich, savory, and satisfying. While beef can be braised in a liquid base of water, stock, or wine, Marc and I enjoy celebrating Oktoberfest by using one of the many seasonal beers that are available at this time of year. These fall and winter beers and ales often feature aromatic autumn spices like nutmeg, ginger, and allspice, making them a wonderful ingredient in the kitchen (as well as in mugs for Oktoberfest drinking). In this recipe, the beer & spices nicely complement the rich, umami taste of beef. Red potatoes & baby carrots evoke the colors of autumn, and the onions & honey lend the sweetness needed to balance out the base notes of the dish. Marc and I like to say that if something is worth drinking, it's worth cooking, so with the "spirits" of the fall and winter seasons, we give you this recipe. May you eat with fall harvest joy! ~ [Cleo Coyle](#)

Makes about 6 Servings

Ingredients:

- 3 to 3-1/2 pounds beef short ribs
- 2 Tablespoons olive oil
- 2 + 1/2 bottles (12-ounce bottles) beer or ale (**see note below***)
- 4 Tablespoons honey
- 3 whole garlic cloves, peeled
- 1 Tablespoon whole black peppercorns
- 1-1/2 teaspoons ground ginger
- 1-1/2 teaspoons ground nutmeg
- 1/2 teaspoon ground allspice
- 1/2 teaspoon kosher salt (*or coarse sea salt*)
- 1 pound baby carrots
- 1-1/2 pounds onions, peeled (*we suggest small whole onions*)
- 2-1/2 pounds potatoes (*we suggest small red, keeping skins on, for nice color*)
- A bit of extra salt and ground pepper for Step 1

***Beer or ale note:** Measure the liquid and not the foam. Look for an amber/brown with rich flavor or spice notes like those found in the seasonal fall and winter beers put out by brewmasters. If using a pumpkin ale (as we did) look for one that includes real pumpkin in the brewing (and not just pumpkin flavor).



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Directions:

Step 1 - Brown the meat: Preheat oven to 350° F. Salt and pepper the raw beef short ribs. Place a large skillet or sauté pan over medium high heat and warm the olive oil. When oil is very hot, add ribs, fat side down. Be careful not to crowd the pan. If your skillet is not large enough, brown in batches. Make sure to sear every side of the rib; the more you brown now, the more flavor you'll have later. When all the short ribs are browned, remove them from the pan and set them aside.



Step 2 - Sauté the vegetables: Drain the fat from the pan, holding back a few tablespoons for flavor. Toss in the (peeled) garlic and onions, as well as the carrots and potatoes. Sauté the vegetables, stirring gently over medium heat for 5 to 10 minutes. You are not cooking them, you are simply getting some of that flavorful fat on them and allowing the outsides to lightly brown. Remove the vegetables from the heat and set aside.



Step 3 - Make the pumpkin ale braising broth: Place a large (6 to 7 quart) Dutch oven pot over medium heat, combine the pumpkin ale, honey, peppercorns, ginger, nutmeg, allspice, and salt and bring to a boil. Lower the heat and simmer for about 10 minutes.



Step 4 - Begin the cooking: Add the browned short ribs to the simmering broth in the Dutch oven pot. Pour the veggies on top. Cover with a tight-fitting lid and place in preheated 350° F. oven for 1 hour.



Step 5 – Remove the cooked vegetables: After 1 hour, remove the pot from the oven and check the vegetables for doneness. If they are cooked through, remove them to prevent them from overcooking and becoming mushy. If the vegetables are not yet cooked through (potatoes are still hard/appley in the center), continue cooking for another 15 minutes and check again. When the vegetables are done, use a slotted spoon to remove them from the Dutch oven pot and set them aside.



Step 6 – Finish the short ribs: Re-cover the pot and return it to the oven for another 1 to 1-1/2 hours. The ribs are done when the meat is buttery tender and practically falling off the bone. Just before the ribs are finished, place the vegetables back in the pot, cover with the lid, and re-warm them in the oven for 10 minutes or so.

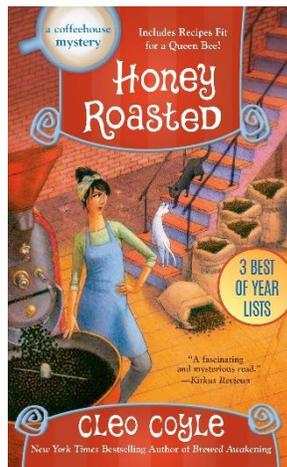
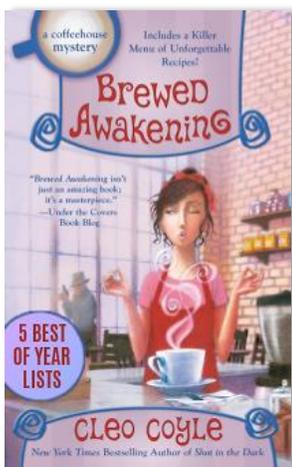


Serve: We like to use the hot braising broth like a French *au jus*. To plate, place ribs in a shallow bowl with a serving of vegetables and spoon the flavorful broth over the ribs. Use crusty bread to sop up the juicy goodness.

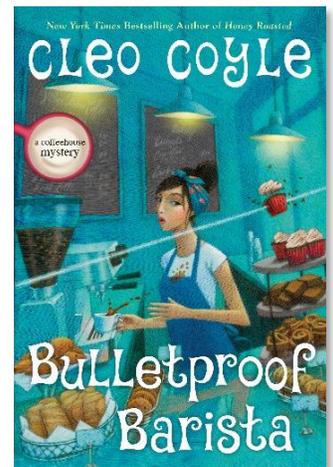
Another plating idea: While Marc and I like a rustic presentation, a fine dining restaurant would more likely plate these short ribs on a bed of something (say, mashed parsnips and root vegetables or couscous). Not being couscous fans, we prefer something more comforting and colorful for a gourmet presentation. Try mashing or puréeing a mess of sweet potatoes (you can even mix them with a little roasted pumpkin). Add cream, butter, and gently stir a small amount of the same spices you used in the braising recipes. Now that's eating with fall harvest joy...



Eat with joy! ~ Cleo



The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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