



MAINES

PAPER & FOOD SERVICE, INC.

Italian Braised Short Ribs

Ingredients **Yield: 12 Servings**

- 3 oz. Flour All Purpose
- t.t. Salt
- t.t. Black Pepper, café
- 12 # Beef Short Ribs
- 4 oz. Olive oil
- 4 oz. Pancetta, Diced
- 2 # Onion, yellow, finely diced
- 8 ea. Garlic, clove, minced
- 2 tsp. Red Pepper Flakes
- 4 ea. Carrots, peeled, large diced
- 2 oz. Tomato paste
- 2 Tlb. Sugar, granulated
- 2 c. Red wine, dry
- 30 oz. Roma tomatoes, canned, diced
- 2 c. Beef stock
- 4 oz. Balsamic vinegar
- 4 ea. Bay leaves
- 4 ea. Fresh Rosemary, sprigs
- 4 ea. Fresh Thyme, sprigs
- 2 tlb. Oregano, dried
- 12 ea. Creamy Polenta
- 12 ea. Sicilian-Style Braised Artichoke
- 12 ea. Escarole with Cannelloni Beans
- 12 ea. Tiramisu

Preparation Instructions:

1. In a bowl combine and stir together the flour, 2 tsp. Salt, and 1 tsp. Black pepper. Turn the ribs in the seasoned flour, shaking off any excess. In a large saute pan over medium-high heat, warm the olive oil. Working in batches, cook the ribs, turning occasionally, until evenly browned, approximately 10 minutes. Remove from the pan and set aside.
2. Add the pancetta to the pan and saute, stirring often, until the fat is rendered, approximately 5 minutes. Add the onions and saute until beginning to soften, about 3 minutes. Stir in the garlic and red pepper flakes and saute until fragrant, approximately 30 seconds. Add the carrots, tomato paste, sugar and continue cooking, stirring frequently until well blended. Add the wine and deglaze the pan, stirring and scraping up the browned bits on the bottom of the pan with a wooden spoon. Bring the wine to a boil; stir in tomatoes, stock, and vinegar; and return to a boil.
3. Preheat the oven to 350 degrees. Transfer the ribs to a large Dutch oven. Add the tomato-broth mixture and the bay leaves, rosemary, thyme and oregano. Cover and cook until the short ribs are very tender, up to 5 hours. When the ribs are done, use a large shallow spoon or label to skim as much fat as possible from the surface of the cooking liquid. Season to taste with salt and pepper.
4. In warmed individual plates, add creamy polenta and place short ribs and spoon the cooking juices over and around them, and serve immediately.

Ingredients		Maines Product Code #	Amount	Cost
Flour, All Purpose	Gold Medal	381254	3 oz.	\$0.06
Salt	Katy's Kitchen	340620	t.t.	\$0.03
Black Pepper, Café	Culinary Secrets	345631	t.t.	\$0.05
Beef Short Ribs	Esposito	O66711	12 #	\$56.16
Olive Oil	Gem	370867	4 oz.	\$0.64
Pancetta, Diced	Fiorucci	O50912	4 oz.	\$1.60

Onion, Yellow	Fresh	O97502	2 #	\$0.62
Garlic, Cloves	Markon	O97210	8 ea.	\$0.16
Red Pepper Flakes	Culinary Secrets	345645	2 tsp.	\$0.16
Carrots	Fresh	O97095	4 ea.	\$0.27
Tomato Paste	Bountiful Harvest	225647	2 oz.	\$0.16
Sugar, granulated	Domino	380424	2 Tlb.	\$0.04
Red wine, dry	Regina	305422	2 c.	\$0.96
Roma Tomatoes, canned, diced	Bountiful Harvest	225064	30 oz.	\$1.20
Beef Base	Culinary Secrets	234091	2 c.	\$0.32
Balsamic Vinegar	Tutino's	305042	4 oz.	\$0.48
Bay leaves	Culinary Secrets	345115	4 ea.	\$0.08
Fresh Rosemary	Fresh	O97287	4 ea.	\$0.18
Fresh Thyme	Fresh	O97302	4 ea.	\$0.18
Oregano, dried	Culinary Secrets	345536	2 Tlb.	\$0.09
Polenta	See Recipe	See Recipe	12 ea.	\$3.68
Sicilian-Style Braised Artichokes	See Recipe	See Recipe	12 ea.	\$26.21
Escarole with Cannelloni Beans	See Recipe	See Recipe	12 ea.	\$12.47
Tiramisu	Culinary Secrets	172203	12 ea.	\$19.68

Recipe Cost	\$125.48
Portion Cost	\$10.46

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$35.95	\$10.46	\$25.49	29.10%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$37.95	\$10.46	\$27.49	27.56%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$39.95	\$10.46	\$29.49	26.18%