

Sweet-and-Sour Beef Short Ribs

<http://userealbutter.com/2019/04/07/sweet-sour-beef-short-ribs-recipe/>
from *The Food in Jars Kitchen*

2 tbsps neutral oil
3 1/2 – 4 lbs. boneless beef short ribs (I used bone-in)
salt
2 leeks, trimmed, halved, chopped, washed
1 large yellow onion, sliced into thin half moons
3/4 cup water, divided and more as needed
2 medium carrots, grated
3 cloves garlic, minced
1 tsp fresh thyme, minced
2 cups jam (recommended cherry, plum, or nectarine)
1 cup pomegranate vinegar (or red wine vinegar)
freshly ground black pepper

Preheat oven to 325°F. Pat the short ribs dry and season liberally with salt. Heat the oil in a Dutch oven or oven-safe braising pan over medium-high heat. When the oil is hot, brown the short ribs on all sides, working in batches if necessary to cook the ribs in a single layer. Remove the ribs to a plate and set aside. Add the leeks and onion to the pan and stir to cook. If they start to burn, add about 1/4 cup of water or more (I didn't need to do this). When the leeks and onions are translucent, stir in the carrots, garlic, and thyme and let cook for a few minutes. Mix the jam and vinegar into the pot and season with black pepper. Stir the remaining 1/2 cup of water in until everything is well-mixed. Remove from heat. Set the ribs in the pan, adding any juices from the plate to the pan. Make sure the ribs are covered with liquid (if you come up short, stir in more water or maybe add red wine). Cover with the lid and place in oven. Braise for 2 1/2 to 3 hours. Marisa says this dish benefits from chilling overnight to allow the flavors to blend and warming it before serving. Serves 4-6.

Jen's note: I typically like to strain all of the liquid while it is still hot and either de-fat the liquid using the ziploc bag method (pour the liquid into a ziploc, seal the bag, hold it over a clean vessel, slit the bottom corner with a knife, drain liquid into the vessel, pinch the outlet closed before the fat layer drains, discard the fat) or chill the liquid and solids separately so I can remove the solid layer of fat from the liquid when cold. Then I reunite the liquid and solids and serve hot.