

## Simple Beef Short Ribs – Darlene Estabrook

### Ingredients

- 1 lbs beef short ribs (with bone)
- 1 tsp salt
- 1/2 tsp ground blk pepper
- 2 Tbsp all-purpose flour
- 1 Tbsp olive oil
- 1 Tbsp butter
- 1 onion sliced
- 1 clove garlic
- 1 (12oz) stout beer
- 1 C beef stock



### Directions

- Season short ribs with salt and pepper
- Dredge ribs in flour, shake off the rest. \*\* don't mix S&P with flour\*\*
- Heat olive oil and butter in large skillet or Dutch oven, Med-Hi heat
- Cook ribs until brown, about 5 min/side
- Remove ribs from skillet and set aside
- Add onion and garlic to skillet--cook and stir until onion is tender, about 5 min
- (I prefer to turn down the heat a bit at this point so it won't burn)
- Return the ribs to skillet and pour in beer
- Stir, scraping the bottom until all the browned bits have mixed with the liquid
- Pour in beef stock
- Cover and simmer over low heat until very tender, about 2 hrs

I find prep takes good half hour