



Amici Cellars Cabernet Braised Short Rib with Creamy Parmesan Polenta

Recipe courtesy Chef John Adamson

To celebrate the newest release of our flagship wine, the 2009 Amici Cellars Cabernet Sauvignon Napa Valley, Chef John Adamson created this wonderful recipe for short ribs braised in Amici Cabernet. Don't skip the Parmesan Polenta--it's sinfully good!

Recipe serves 4

For the Short Ribs:

- 4 short ribs, boneless (approximately 2 - 2 1/2 lbs)
- 2 Tbsp Extra Virgin Olive Oil
- 1 onion, sliced
- 1 carrot, sliced
- 2 celery rib, sliced
- 2 garlic clove, crushed
- 1/2 tsp dried oregano
- 2 Tbsp tomato paste
- 1 cup Amici Cellars Cabernet Sauvignon
- 14.5 ounces diced tomatoes, canned
- 1 quart chicken stock
- 1 Tbsp Sherry Vinegar
- 6 black peppercorns, crushed
- 3 juniper berries, crushed
- 2 fresh thyme sprigs
- 1 bay leaf
- Salt and Pepper to taste

Method

Preheat oven to 350°. Generously season the short ribs with salt and pepper. Heat a heavy 8-quart sauce pan over medium high heat; add the olive oil and short-ribs and brown the ribs evenly on all sides. (You could also do this over a wood fire, which would add a smoky dimension to the finished product.) When browned, remove the short ribs and set aside. Pour off any excess fat and return the pot to the stovetop. Add the onions, carrot and celery to the pot and cook until well caramelized. Add the garlic clove, dried oregano, and tomato paste and cook until the tomato paste is well distributed. Add the Amici Cellars Cabernet Sauvignon, and deglaze any bits that have accumulated on the bottom of the pan. Reduce until the liquid has mostly evaporated. Add the remaining ingredients to the pot, including the browned short ribs. Bring to a simmer, cover and place in the oven. If the liquid does not completely cover the meat, cut a round piece of parchment paper and place directly over the short ribs, and then cover. Cook for 2 1/2 to 3 hours or until short ribs are tender. Remove from the oven and allow it to cool slightly. When they have cooled, remove the ribs from the braising liquid. Strain the liquid and then place ribs back into the braising liquid and keep warm.



AMICI

For the Polenta:

1 each Garlic Clove, minced
4 Tbsp Butter
1 cup Polenta
2 cups whole Milk
3 cups Chicken Stock
½ cup Parmesan Cheese
Salt and Pepper to taste

Method

Add one tablespoon of butter to a heavy-bottomed four-quart saucepot. When butter is melted, add garlic and cook until just beginning to brown. Add milk and chicken stock and bring to a boil. In a slow and deliberate stream, whisk in the polenta stirring constantly. As the polenta begins to thicken, change out the whisk for a wooden spoon. Continue to cook until the polenta becomes creamy and begins to peel away from the sides of the pan when stirred. Finish with parmesan cheese and butter, stirring until butter is melted, and adjust consistency with additional milk or chicken stock as needed.

These succulent, fork-tender short ribs pair beautifully with Amici Cellars Napa Valley Cabernet Sauvignon.