Melba Wilson’s Short Ribs: Recipe from the God’s Love Holiday Catalog

By Emmett Findley, Director of Communications

All of the time, care, and patience invested in this recipe will be evident in each bite. So roll up your sleeves and serve it for friends, family, and yourself! You’ll love this recipe as much as I love God’s Love We Deliver.

~ Melba Wilson

**Melba Wilson’s Short Ribs**

**Ingredients:**
2 tablespoons minced fresh rosemary leaves, from 1 large or 2 medium sprigs
2 tablespoons minced fresh thyme leaves, from 3 or 4 sprigs
2 cloves garlic, peeled and chopped
1 tablespoon coarse salt
1 teaspoon freshly ground black pepper
12 to 16 short ribs of beef (about 4 ½ pounds)*
1 tablespoon vegetable oil, or more as needed
1 (750 – ml) bottle dry red wine
4 cups beef or chicken stock
2 bay leaves
Water, as needed

*Short ribs are usually three or four to the pound, and one pound, which includes the bones, will cook down to serve only one hungry diner with some leftovers (if you’re lucky).

Serves 4 to 6

Method:

1. Combine rosemary, thyme, garlic, salt, and pepper in a large resealable bag. Add ribs and shake the bag ensuring they are coated with the mixture. Refrigerate for several hours or preferably overnight.
2. When you’re ready to cook, preheat oven to 350°.
3. Place oil in a large, heavy, ovenproof skillet with a lid or Dutch oven large enough to hold all the ribs in one layer over medium heat. When the oil is hot but not smoking, brush off most, but not all, of the rub and place ribs in the pan with at least ½ inch separating them. Brown on all sides, about 7 minutes per side. If working in batches, set aside the browned batch and add up to 1 tablespoon more oil to the pan if needed.
4. Once all the ribs are browned, deglaze the pan with about ¼ cup of the wine, scraping with a wooden spoon to dislodge any brown bits on the bottom. Place the ribs back in the pan in a single layer and add the rest of the wine, the beef or chicken stock, the bay leaves, and enough water to just cover the ribs. Raise the heat, bring the liquid to a boil, then lower to a steady simmer, cover the pan, and cook on top of the stove for about 30 minutes.
5. Transfer the entire pan, covered, to the oven and cook for 2 to 2 ½ hours (up to 3½ hours if you are still enjoying that “glass” of wine like me), until the meat easily falls off the bones. Remove from the oven and skim as much grease from the top of the liquid as possible. Discard the bay leaves. Transfer the ribs to a serving platter, bring the liquid in the pan to a boil over high heat, and reduce the liquid to your desired thickness to use as a sauce.

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