

### Beef Demi Glace Braised Short Ribs (Gluten Free\*)



Beef braised until tender in a rich Demi Glace.

Yield	7 lbs. (12/9/3oz servings)
Serves	12
Preparation time	30 minutes
Cooking time	3 - 1/2 hours

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	2	tbsp	Olive oil	
7.5	lb	10	each	Beef, short ribs, boneless, raw	
4	cup			Water	
4	cup			Red wine	
2.5	qt	1	pouch	Minor's® Beef Demi Glace Gluten Free 4x5lbs (Pouch)	thawed

#### Preparation Steps

1. Heat olive oil in a large braising pan. Brown short ribs in a pot.
2. Add Demi Glace, water and red wine and bring to a boil. Cover and braise for at least 3 hours or until tender. Strain and reduce sauce to finish.
3. When plating, top with reduced braising liquid.

#### Chef's tip

\*When using Gluten Free ingredients, recipes, and proper back of house procedures.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	822.4
Energy (Kj)	3460.4
Protein (g)	65.8
Carbohydrate, total (g)	3.6
Fats, total (g)	54.8
Sugars, total (g)	0.8
Fats, saturated (g)	23
Fiber, total dietary (g)	1.3
Sodium (mg)	961.9
Calcium (mg)	48.4
Cholesterol (mg)	216.1
Iron (mg)	7.4
Vitamin A (µg_RAE)	148.9
Vitamin C (mg)	22.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

