

Tips from the pros

Spice up your holiday meal with this recipe from Trattoria Stella

Braised short ribs

with roasted butternut squash, rutabaga and beets

Ingredients

Four 12-14 oz. short ribs (buy at local butcher)

Salt and pepper

Flour

Olive Oil

4 stalks fresh rosemary

6 cloves garlic

2 cups veal stock

1/4 cup tomato paste

3 tbsp whole butter

1 large butternut squash

1/4 lb butter cut into chips

1/4 cup brown sugar

1/4 cup honey

Water

Salt and pepper

One rutabaga

3 small beets

Olive oil

Salt and pepper

Ribs:

Generously salt and pepper short ribs, dust all sides in flour

In a sautee pan, sear all sides of ribs until golden brown in olive oil

Wrap rosemary and garlic in cheesecloth to form a sachet

Whisk tomato paste into veal stock and pour 3/4 of the way up the ribs (do not cover totally in stock)

Bake covered with foil at 325 degrees until very tender and falling off the bones

Let rest 5 minutes, pour off stock through a strainer into a bowl (it is your

yummy sauce), whip with a whisk 3 tbsp whole butter into the bowl — it will thicken the sauce.

Squash:

Cut squash in quarters, scoop out seeds (separate from meat and toast with salt and pepper for interesting garnish)

Put in roasting pan, top with brown sugar, honey and butter chips; add a little water to 1/3 the way up the squash

Bake for 2 hours covered with foil until roasty and buttery and good

Rutabaga and beets

Peel rutabaga, cube (dice carefully, it's really tough)

Cook in boiling salted water for 10 minutes until tender; strain

Peel beets, cube

Cook in boiling salted water for 5 minutes until tender; strain

Sautee each vegetable in olive oil separately until slightly crispy

Toss together with salt and pepper

For plate-up

Place chunk of butternut squash on plate

Carefully stack short rib on squash (It will really want to fall apart)

Pour sauce over the two

Garnish with sauteed rutabaga and beets on top of that (seeds too if you did them)

Eat and enjoy



Record-Eagle/Douglas Tesner

Myles Anton, executive chef at Trattoria Stella, puts the finishing touches on braised ribs with butternut squash, rutabaga and beets.