



TREFETHEN  
CABERNET *braised*  
BEEF SHORT RIB  
CROQUETTES

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# TREFETHEN CABERNET

## *braised* BEEF SHORT RIB CROQUETTES



### INGREDIENTS

*4/5 Yukon gold potatoes (batch of your favorite mashed potatoes prepared and cooled in the refrigerator overnight)*

1 batch of traditional fry breading (*flour, eggs, breadcrumbs, salt, black pepper*)

Fry oil for cooking the croquettes

2 Tbsp Trefethen estate olive oil

5 lb bone-in short ribs, at least 1 1/2 inches thick

Kosher salt and freshly ground pepper

1 large head of garlic, halved crosswise

1 medium onion, chopped

4 celery ribs, chopped

2 medium carrots, chopped

2 Tbsp tomato paste

2 cup Trefethen Cabernet Sauvignon

2 cup beef stock or bone broth,  
plus more as needed

4 thyme sprigs

### PROCEDURE

Heat oven to 275 degrees. Heat oil in a large Dutch oven over medium-high heat. Season short ribs on all sides with salt and pepper. Working in batches, sear short ribs on all sides until deeply and evenly browned, 6 to 8 minutes per batch. Transfer browned short ribs to a large plate and continue with remaining ribs.

Pour off all but 2 tablespoons of remaining fat, leaving the good browned bits behind. Reduce heat to medium and add garlic, cut side down and cook undisturbed until golden brown, about 1 to 2 minutes. Add onion, celery, and carrots then season with salt and pepper. Toss to coat and continue to cook until vegetables are softened but not yet browned, about 5 to 10 minutes. Add tomato paste and stir to coat. Continue to cook, stirring occasionally, until tomato paste has started to caramelize a bit on the bottom and up the edges of the pot, about 2 to 3 minutes.

Add red wine and, using a wooden spoon, scrape up any browned or caramelized bits. Let this simmer 2 to 3 minutes, cooking off the alcohol and reducing a bit. Stir in beef stock along with thyme. Using tongs, return short ribs to the pot, along with any juices that have accumulated, nestling them in so that they are submerged (if they are just barely covered, nestle them bone side up so that all the meat is submerged, adding more beef stock or water as necessary to cover). Bring to a simmer, then cover and transfer to oven.

Cook undisturbed, until short ribs are meltingly tender and falling off the bone (you should be able to shred the meat with a fork), 3 1/2 to 4 hours.

Using tongs, remove the ribs from the pot. Discard the bones. Once cool enough to handle, shred the ribs with a fork. Strain the braising liquid and return to the stove to reduce. This will be your sauce for the finished croquettes.

**CROQUETTES:** Add the shredded beef to your chilled mashed potatoes. Taste and adjust seasoning. Ready your containers for breading the mixture. One flour, one whipped egg, one flour. Be sure to season all lightly with salt and pepper. Using a small scoop, scoop your mixture into the flour one at a time. Work in batches that you are comfortable with. From the flour it goes into the egg and then the breadcrumb. Repeat this until you have the amount needed. Any leftover can be refrigerated or frozen. Place breaded croquettes onto a sheet tray and refrigerate until ready to use. Fry in batches until golden brown. Enjoy while hot.