

8th Annual Culinary Competition

University of Connecticut | Department of Dining Services

Tuscan Braised Beef Short Ribs, with Polenta Spoon bread & Vegetable Fritto Misto Chef Lisa Charbonneau

Ribs

10 # beef short ribs
Salt & pepper to taste
½ cup flour
2 oz olive oil
1# onions, diced
1# carrots, turned
1# celery, diced
1# parsnip, turned
4 cloves garlic
4 cups Italian red wine
8 cups beef stock
2 cup balsamic vinegar
1 cup sugar
1 oz Italian flat leaf parsley

Trim short ribs of excess fat, season generously w/salt and pepper. Sprinkle all sides with flour. Heat stock pot, add oil, sear ribs on all sides working in batches if necessary. Remove to plate.

Add mirepoix vegetable to pot and caramelize.

Add ribs back and deglaze w/wine, let reduce by 1/3, add enough beef stock to cover meat, bring to simmer.

Lower heat and maintain low simmer for 4-7 hours until meat is falling off bone fork tender.

Meanwhile, put balsamic and sugar into sauce pan and reduce to glaze.

Remove ribs from stock and toss w/glaze.

Strain out veggies and reserve stock and vegetable.

Reduce stock if necessary straining thru a fine chinois

Polenta Spoon bread

1 qt milk
12 oz corn meal
1 oz tabasco
1 oz sugar
½ oz salt
4 oz butter
6 eggs
3 tbsp baking powder

Place milk and cornmeal together in sauce pan, bring to a simmer and cook for 5 minutes, stirring until thickened

Separate eggs, beat egg whites w/baking powder to stiff peaks

Remove from heat, add butter and seasoning to taste, temper in egg yolks

Fold in egg whites

Place into sprayed baking dish or individual soufflé dish/ramekins

Bake 325F until golden brown and cooked thru, about 25 minutes.

Vegetable Fritto Misto

2 leeks, julienne
2 fresh artichoke hearts, sliced thin
1 lemon, thinly sliced half moons
1 carrot, julienne
5 tbsp flour
2 eggs, beaten
1 cup seasoned breadcrumbs
Oil for frying
Salt to taste

Dredge vegetable in flour

Dip in egg yolks

Dip in bread crumbs

Deep fry until golden brown and crisp

Sprinkle w/salt

Spread 1oz of reduced stock on bottom and center of plate.

Remove polenta spoon bread from ramekins and place in sauce top right.

Lean one large rib against left side polenta.

Spoon Some of reserved vegetable in front of meat.

Mound a small amount fritto misto an top rib

Garnish w/chopped flat leaf parsley