



Braised Short Ribs with Creamy Polenta

Gaggenau Appliances: Combi-steam oven
 Heating Mode(s): Convection + 80% Humidity /
 Convection + 100% Humidity
 Temperature(s): 300°F / 212°F
 Required Accessories: Wire Rack + large
 Dutch oven + 4-cup oven-safe casserole +
 rimmed baking sheet
 Preparation Time: 15 minutes
 Cooking Time: Short Ribs 2 ½ hours / Polenta
 30 minutes
 Makes: 4 servings

For the short ribs:

- ¼ cup (60 ml) olive oil
- 6 lbs (2.75 kg) meaty, bone-in individually cut short ribs
- 2 tsp (10 ml) salt
- 1 tsp (5 ml) freshly ground black pepper
- 2 medium yellow onions, chopped
- 2 medium carrots, peeled and diced
- 6 whole garlic cloves, smashed
- ⅓ cup (75 ml) all-purpose flour
- 2 cups (500 ml) full-bodied red wine
- 3 cups (750 ml) beef broth
- 2 tbsp (30 ml) tomato paste
- 2 bay leaves
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary

To make the short ribs:

Slide the Wire Rack onto the bottom rails of the oven. Using the left control knob, set the oven to the **Convection + 80% Humidity** mode. Using the right control knob, set the oven to preheat to 300°F.

Meanwhile, heat a large Dutch oven over moderate heat on the cooktop, add the oil and increase the heat to medium high. Season the short ribs with salt and pepper and, working in two batches, sear them on all sides until browned all over. Remove the ribs from the pan and set on a rimmed baking sheet.

Add the onions, carrots and garlic to the Dutch oven and reduce the heat to medium. Cook, stirring occasionally, for 5 to 6 minutes until the vegetables begin to soften. Stir in the flour and cook for a few minutes; then whisk in the wine, broth and tomato paste and stir in the bay leaf, thyme and rosemary.

Carefully slide the Dutch oven uncovered onto the Wire Rack in the Combi-steam oven and set the cooking timer for 2 ½ hours. Turn the ribs once during the cooking time. When the cooking time has elapsed, carefully remove the Dutch oven from the oven and set on a trivet, leaving a hot pad or towel on the handle to remind you it's hot. The Dutch oven can be covered at this time to keep the contents hot while you make the polenta.

In order to cook the polenta, the oven temperature needs to cool to 212°F, so leave the door slightly ajar for about 10 minutes.

For the creamy polenta:

- 1 cup (250 ml) quick-cooking polenta
- 2 cups (500 ml) water
- ¼ cup (75 ml) freshly grated Parmigiano-Reggiano cheese
- 2 cups (500 ml) milk
- 2 tbsps (30 ml) softened butter
- ½ tsp (2 ml) kosher salt
- ½ tsp (2 ml) freshly ground pepper

Using the left control knob, set the oven to the **Convection + 100% Humidity** mode and use the default temperature of 212°F. Combine all the ingredients in a 4-cup oven-safe casserole dish and slide onto the Wire Rack in the oven. Set the cooking timer for 25 minutes until the mixture is creamy and the polenta completely softened, no crunchy bits.

Serve the short ribs over the polenta with a garnish of chopped parsley.

Tip: The short ribs can be prepared in advance, cooled and refrigerated then reheated in the Combi-steam oven and served with the freshly cooked polenta.