

# Black Pepper and Mustard Braised Short Ribs

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	brown mustard seeds - coarsely ground
2	tablespoons	yellow mustard seeds - coarsely ground
2	tablespoons	black peppercorns - coarsely ground
2	teaspoons	salt
5	pounds	bone-in beef short ribs
3	tablespoons	vegetable oil
1/4	cup	bourbon
2	large	yellow onion - diced
2		celery stalk - diced
2		carrot - peeled and diced
4	cloves	garlic - peeled and smashed
2	tablespoons	beef demi-glace
3	tablespoons	honey
3	cups	beef stock
2	tablespoons	red wine vinegar
1	tablespoon	flat-leaf parsley - chopped

In small bowl, combine mustard seeds, peppercorns and salt. Rub onto short ribs. In stovetop safe insert of slow cooker over med-high heat, warm 2 tbs oil. Brown ribs in batches. Transfer to plate.

Add bourbon to insert; stir and simmer 2 minutes. Add 1 Tbs oil an onions; cook 7 minutes. Add celery, carrots and garlic; cook 7 minutes. Add demi-glace, honey, stock and vinegar; bring to simmer. Add ribs; transfer insert to slow cooker base. Cover; cook on high 6 hours. Transfer ribs to platter. Using stick blender, puree sauce and vegetables in insert. Place insert over high heat; simmer for 17 minutes. Pour sauce over ribs and garnish with parsley.