



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: SHORT RIBS

## Short ribs

***“To a very great extent, it's the fast-food industry that really industrialized our agriculture - that drove the system to one variety of chicken grown very quickly in confinement, to the feedlot system for beef, to giant monocultures to grow potatoes. All of those things flow from the desire of fast-food companies for a perfectly consistent product.”***

***~ Michael Pollan***

Such agribusiness practices particularly affect the quality and experience of the more tender bits. When a cut such as short ribs, in years gone by a “cheap cut” of less desirable beef, was lovingly and gently braised all day with a cadre of mirepoix (onion, celery, and carrot), herbs, spices and wines; it became a transcendent thing. But it all starts with a quality cut of beef.

Perhaps more correctly, it starts with understanding what a short rib is, and then acquiring a cut of excellent character.



Short ribs are a cut of beef taken from the brisket, chuck, plate, or rib primals. They contain a short portion of the rib bone, hence the origin of the name. The meat on the bone will vary in thickness; so pick your cuts so they are approximately the same in terms of thickness.

There are two major types of cuts:

The *flanken*; a cut across the bone leaving the bone just 1 to 2 inches long.

The English; a cut parallel to the bone leaving a bone up to 6 inches long. English cut short ribs are also served

connected to one another and called a “plate”.



**Braised Short Ribs by Chef Luca Paris**

### Ingredients:

- 2-3 pounds boneless beef short ribs, trimmed of excess bones removed and trimmed of excess fat and gristle
- 1 tsp. tomato paste
- 1Tbs cup olive oil
- 1 large onion sliced onions
- 3 medium garlic cloves, peeled
- 1 cup red wine
- 1 cup veal demi-glace
- 3 large carrots, peeled and cut crosswise in 2-inch pieces
- Thyme/ Bay Leaf/ Parsley wrapped in cheese cloth

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### Short Ribs (continued from Page 1)

#### Directions:

Preheat the oven to 300 degrees F. Pat beef dry with paper towels. Salt and pepper both sides. Sear all beef till golden brown in large heavy pot or Dutch oven.

**Short Ribs are a classic braised dish; try it at home today!**



Reduce heat to medium, add onion, and cook, stirring often, until softened and barely browned, 12-15 minutes (if onions darken too quickly, add 1-2 Tbs water to pan).

Add tomato paste and stir constantly until it browns on sides and bottom of pan, about 2 minutes. Add garlic and cook until fragrant, 30-60 seconds. Turn heat up to medium-high; add wine, and simmer, scraping up fond from sides and bottom.

Simmer until reduced by half, 8-10 minutes.

Add veal stock, carrots, cheesecloth of herbs  
Add beef and any juices in the bowl.

Cover and bring to a simmer. Transfer to oven and cook 2 to 2½ hours, turning meat twice with tongs during cooking. When done, a fork will slip easily in and out of meat.

When done allow to cool. Take the braising liquid and discard the cheese cloth herbs. Puree the half the braising vegetable to thicken the sauce.

#### HEALTHY BYTES BY THE NUMBERS

# 10X

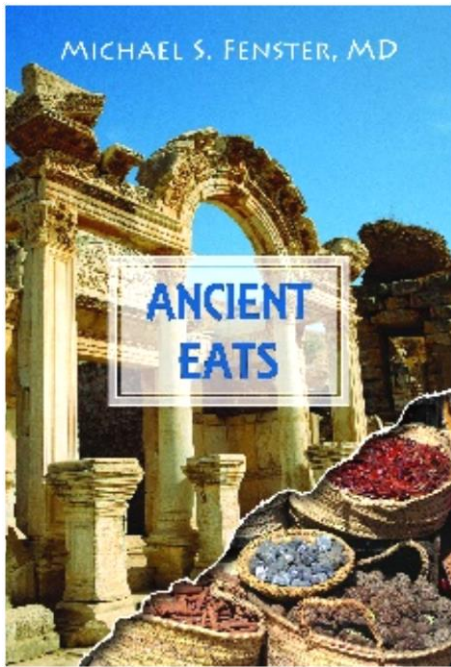
The increase in anti-inflammatory omega three polyunsaturated fatty acids in grass fed versus grain fed beef

# 100%

The percent increase in beneficial conjugated linoleic acid (CLA) in grass fed versus grain finished meats

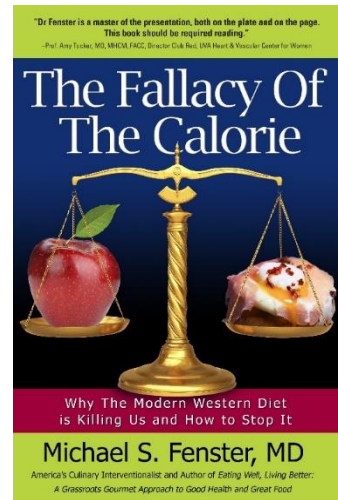
Daley, C. A., Abbott, A., Doyle, P. S., Nader, G. A., & Larson, S. (2010). A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. *Nutrition Journal*, 9:10.

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