

From the
Left Bank
kitchen

BRAISED WAGYU SHORT RIBS

These tender and flavorful short ribs, combined with a succulent marrow flan, are delicious for any occasion!

BONE MARROW FLAN INGREDIENTS:

- 1/2 cup milk
- 1/2 cup chicken stock
- 9 1/2 oz bone marrow
- 3 whole eggs
- foil cups

SHORT RIBS INGREDIENTS:

- 8 oz Wagyu beef short ribs
- 2 oz beef marrow flan (see above)
- 2 wedges green cabbage
- 3 oz boiled carrot
- 4 oz boiled potatoes
- 2 oz baby leeks
- 3 pieces boiled potato wedges
- 4 oz beef consommé braising liquid
- pinch volcanic black sea salt
- chopped parsley
- salt & pepper to taste
- bay leaves, thyme, black peppercorns

BONE MARROW FLAN DIRECTIONS:

Overnight, brine the bone marrow in water to remove the blood. Scoop out marrow with a teaspoon and set aside.

Meanwhile, bring milk and chicken stock to a boil and poach marrow for 2 minutes. Blend and add eggs slowly. Adjust with salt and pepper.

Spray vegalene in 2 oz foil cups to keep it from sticking. Portion marrow into cups, place in a warm water double bath, and bake in a pre-heated 350 degree oven for 20 minutes. Then let it cool.

SHORT RIBS DIRECTIONS :

In a small pot, place the herbs and beef short ribs in consommé. Simmer for 1 hour and 45 minutes or until nice and tender. Set aside beef short ribs and let cool. Meanwhile, blanch all vegetables and starch until al dente and let cool. Skim all fat from consommé and discard, then let remaining consommé cool and set aside.

WHEN READY TO SERVE:

Bring consommé to a simmer with 8 oz short ribs for 5 minutes or until hot. Add all vegetables and heat up for another 3 minutes. Heat up marrow flan in a 450 degree oven for 2 minutes.

In a large round bowl arrange vegetables and potatoes nicely in the center and place short ribs on top.

Pour consommé in the bowl and place marrow flan right on top of the short ribs. Season marrow flan with volcanic sea salt and fresh black pepper to taste. Garnish with fresh chopped parsley.