

Braised Short Ribs of Beef

Betty Safrit

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 1/2 pounds short ribs of
beef
1/2 cup sliced onions
1/2 teaspoon garlic salt
1 1/2 cups water
2 tablespoons flour
1/4 cup vegetable oil
1 teaspoon salt
1/4 teaspoon pepper
1 beef bouillon*

Preheat the oven to 325 degrees.

Trim the fat from the ribs. In a frying pan, brown in oil on all sides. Remove the ribs from the pan and place in a two or three quart casserole.

In a bowl, mix the salt, garlic salt, pepper. Sprinkle over the ribs. Place the sliced onions on the ribs.

In a pan, heat 1/2 cup of water. Add the bouillon cube to the heated water and stir to dissolve. Add the remaining cup of water and pour into the casserole. Cover (sealed with foil is best to retain as much moisture as possible),.

Bake for two or three hours or until tender.

Remove the ribs.

Skim the fat from the drippings. Use flour to make gravy and pour over the ribs.

Per Serving (excluding unknown items): 583 Calories; 55g Fat (84.3% calories from fat); 4g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4531mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 11 Fat; 0 Other Carbohydrates.