



“Hawaiian-Asian Fusion”

Braised Short Ribs

4 lbs. boneless Chuck flat; or boneless short ribs

1 750ml bottle white wine

Beef stock, enough to cover

½ cup whole grain mustard

KSP (Kosher Salt, Pepper)

- Season beef with KSP and sear on all sides in hot skillet.
- Combine wine, stock, and mustard and cover meat.
- Slice chuck into serving size and place in ovenproof roasting pan; cover with liquid and cover with lid.
- Place in 250F oven and let cook for four hours.
- Serve immediately.

*Option: skip searing and marinate meat in wine, stock, and mustard; cover with liquid, and braise in oven for four hours.