



**COOKING CLASSES**  
AT SUR LA TABLE

**PRESSURE-COOKER  
SHORT RIBS**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- 5 pounds 2 x 2-inch cut bone-in beef short ribs

## Produce

- 2 heads garlic
- 1 medium yellow onion
- 1 bunch flat-leaf parsley
- 1 lemon

## Dairy

- 2 ounces Parmigiano-Reggiano cheese
- 1 tablespoon unsalted butter

## Pantry Items

- Kosher or sea salt
- Freshly ground black pepper
- Vegetable oil
- Extra-virgin olive oil
- Apple cider vinegar
- 1 cup polenta (dried yellow polenta, found near cornmeal in the grain aisle)
- Freshly grated or prepared horseradish

## Dry/Canned Goods

- 1 cup beef broth (any broth or water can be substituted)
- 3 cups chicken broth (any broth or water can be substituted)

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Tongs
- Whisk
- Mixing bowls (various sizes)
- Box grater
- Microplane
- Cutting board

## Cookware

- Large saucepan with a lid

## Appliances

- Electric pressure cooker

## Bakeware

- Large roasting pan or baking sheet
- Wire rack
- Baking sheet

## Tabletop

- Serving platter
- Serving bowl

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Pressure Cooked Ribs with Gremolata**

1. Generously season short ribs with salt and pepper the night before or a minimum of 4 hours before class. Set the ribs in a large roasting pan or baking sheet uncovered in the refrigerator.
2. Remove the pan of short ribs from the refrigerator 30 minutes before class begins.
3. Wash and dry all the produce.

## PRESSURE COOKED RIBS WITH GREMOLATA

**Yield:** 4 servings

To cut down on cooking time, braise the short ribs in the pressure cooker for 45 minutes to 1 hour.

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*5 pounds 2x2-inch bone-in beef short ribs*  
*Kosher salt and freshly ground black pepper*  
*4 tablespoons vegetable oil*  
*1 cup low-sodium beef broth or water*  
*1 head garlic, cut in half, horizontally*  
*1 onion, cut into eighths*  
*2 tablespoons vegetable oil*

### **Gremolata:**

*1 garlic clove, minced*  
*1/2 cup chopped fresh flat-leaf parsley*  
*1 tablespoon apple cider vinegar*  
*1 tablespoon horseradish, freshly grated or prepared*  
*2 teaspoons lemon zest*  
*2 teaspoons fresh lemon juice*  
*2 tablespoons extra-virgin olive oil*

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- 1. To prepare the short ribs:** To a large roasting pan, add the short ribs and season generously with salt and pepper. Refrigerate overnight, uncovered. Remove the pan with the short ribs from the refrigerator 30 minutes before cooking.
- 2.** To an electric pressure cooker on the high sauté setting, add the oil. When the oil is hot and shimmering, sear the ribs in batches. Sear the ribs on all sides until they are a deep golden brown. Transfer the seared ribs to a wire rack lined rimmed baking sheet. Sear the remaining ribs, adding more oil if needed. Return the seared ribs to the pressure cooker and add the broth, garlic and onion.
- 3. To pressure cook the ribs:** Lock the lid of the pressure cooker and set it to pressure cook on high. Set timer for 1 hour. When the timer goes off, manually release the pressure and open the pressure cooker. Remove the ribs from the pressure cooker and set them on a wire rack lined rimmed baking sheet.
- 4. To prepare the glaze:** Set the pressure cooker to the high sauté setting and bring the liquid to a boil. Cook while occasionally whisking until the sauce has thickened to a glaze.

5. **To broil the ribs:** Preheat the oven to broil and place an oven rack in the upper 2/3 position. Transfer the ribs to the oven and broil until crispy and slightly charred, about 5 minutes. Remove the ribs from the oven. Using a silicone pastry brush, baste the ribs with the glaze.

6. **To prepare the gremolata:** To a small bowl, add the garlic, parsley, vinegar, horseradish, lemon zest, lemon juice and oil; whisk to combine. Taste and adjust seasoning with salt and pepper.

7. **To serve:** Transfer the ribs to a serving platter and serve with the gremolata.

**Recipe variations:**

- Try substituting orange juice and zest to the gremolata.
- While parsley is a traditional herb in gremolata, try substituting mint or cilantro.
- **To braise the short ribs in the oven:**
  1. Preheat the oven to 300°F, set the rack in the center of the oven.
  2. To a large Dutch oven set over medium-high heat, add the vegetable oil. When the oil is hot and shimmering, sear the ribs in batches. Sear the ribs on all sides until they are a deep golden brown. Transfer the seared ribs to a wire rack lined rimmed baking sheet. Sear the remaining ribs, adding more oil if needed. Return the seared ribs to the Dutch oven and add the broth, garlic and onion.
  3. Cover with the lid and transfer to the preheated oven. Roast until a fork can easily pierce the ribs and the meat pulls away from the bone easily, about 2 hours.
  4. Remove the Dutch oven from the oven and preheat the broiler to high. Place a rack in the upper 2/3 position of the oven. Remove the beef ribs from the Dutch oven and transfer to a wire rack lined baking sheet. To the Dutch oven set over medium-high heat, bring the braising liquid to a boil. Cook while whisking occasionally until the sauce has thickened to a glaze.
  5. Transfer the ribs to the oven and broil until crispy and slightly charred, about 5 minutes. Remove the ribs from the oven. Using a silicone pastry brush, baste the ribs with the glaze.
  6. Prepare the gremolata and finish the dish as stated above.

## PARMESAN POLENTA

***Yield: 4 servings***

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*3 cups chicken broth or water, plus more if needed*

*1 cup polenta*

*2 ounces Parmigiano-Reggiano cheese, grated*

*1 tablespoon unsalted butter*

*Kosher salt and freshly ground black pepper*

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1. To a large saucepan set over medium-high heat, add the broth; bring to a boil. While whisking vigorously, slowly pour the polenta into the broth. Reduce the heat to maintain a simmer. Cook while whisking constantly for 5 minutes. Reduce the heat to low, cover and cook until all liquid is absorbed, 20 to 25 minutes.

2. **To serve:** Remove saucepan from the heat and stir in Parmigiano-Reggiano and butter. Taste and adjust seasoning with salt and pepper; serve immediately. If the polenta seems too thick, loosen the mixture by whisking in 1/4 cup of hot water or broth until the desired consistency is reached.

### ***Recipe variations:***

- If substituting quick-cooking polenta, follow the package instructions for cooking times.