

# IRISH BRAISED SHORT RIBS AND COLCANNON



An Irish tradition perfect for St. Patrick's Day! Guinness-braised short ribs with colcannon cakes.



Serves: 4

Cook Time: 2 hours

## Ingredients



- 2 pounds beef short ribs - Creekstone Beef
- 1 tablespoons olive oil
- ½ large onion, diced
- 1 carrots, diced
- 1 celery stalks, diced
- 1 tablespoons tomato paste
- **Colcannon Cakes**
- 1 ½ pounds russet potatoes
- 1 ½ cups shredded cabbage
- ⅓ cup butter
- ½ cup cream
- 2 green onions, sliced
- 3 garlic cloves, minced
- 1 bay leaf
- 1 tablespoons chopped fresh thyme leaves
- ½ - 15 ounce can Guinness Stout
- 1 cups beef stock
- Sea salt and freshly cracked black pepper
- Sea salt and cracked black pepper
- ½ cup flour
- 1 egg, lightly whisked
- Sea salt
- ¼ cup olive oil, for frying

## Directions



1. Preheat the oven to 375 degrees.
2. Heat a very large dutch oven (or oven-safe pot) over medium-heat, then pour in 2 tablespoons of olive oil. Season the short ribs all over with sea salt and freshly cracked black pepper then, working in batches, brown until golden all over. Set aside.
3. Next, add your onion, carrot, celery, and a pinch of salt, then sauté until the vegetables are softened and translucent.
4. Add the tomato paste, garlic, bay leaf, thyme, and cook, stirring constantly, for 2 minutes. Pour in the Guinness stout, beef stock, season with a pinch of sea salt and pepper, then bring to a simmer.
5. Add the short ribs back to the sauce, then transfer to the preheated oven and braise for about 1 ½ to 2 hours, or until the short ribs are falling off the bone.

### Prepare your colcannon cakes.

1. Boil the potatoes in salted water until fork tender, about 15 to 20 minutes, then drain.
2. While the potatoes are boiling, heat a skillet over medium-heat and melt the butter.
3. Add the cabbage, season with a pinch of salt, then cook for 4 - 5 minutes, until softened and wilted.
4. Combine the potatoes, cabbage, and cream, and mash until smooth. Fold in the green onions, then season with salt to taste. Cool for a few minutes until workable.
5. Add flour, egg, and a pinch of sea salt, then shape and form into flattened individual-sized cakes. Heat the olive oil in a large skillet and, working in batches, fry your colcannon cakes until golden, about 3 - 4 minutes per side.

Serve the braised short ribs with the colcannon cakes and a pint or two. Sláinte!

