

Braised Beef Short Ribs

Fruits & Vegetables

- Onion (1)
- Carrots (2)
- Broccoli (2 crowns)
- Garlic (6–7 cloves)
- Lemon (1)
- Fresh Rosemary (2 sprigs)
- Fresh Thyme (3–4 sprigs)

Meat & Dairy

- Bone-in Beef Short Ribs
(3–3½ pounds)
- Parmesan Cheese (1 cup)
- Ricotta Cheese (½ cup)
- Butter (¼ cup)
- Milk (2 cups)

Condiments

- Avocado Oil (2 Tbsp)
- Olive Oil (2 Tbsp)
- Worcestershire Sauce (1 tsp)

Spices & Seasonings

- Kosher Salt
- Bay Leaves (2)
- Red Pepper Flakes, optional
- Garlic Powder, optional
- Salt
- Black Pepper

Dry & Canned Goods

- Fine Polenta (1 cup)
- Tomato Paste (2 Tbsp)
- Beef Broth (2 cups)
- Chicken Broth (2 cups)
- Dry Red Wine (1 cup)

Cocktail Ingredients

For 2 cocktails

- Gin (2 oz)
- Dry Vermouth (1½ oz)
- Lemons (1–2)
- Simple Syrup (1 oz)
- Egg White (2)
- Orange Bitters