

# Protein stars on the plate

Meat takes center stage in these dishes, with wine pairings by Marlene Rossman



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## BAROLO BRAISED BEEF SHORT RIBS WITH WHIPPED POTATOES

Brett McKee, chef/owner, 17 North Roadside Kitchen, Mount Pleasant, S.C., [www.17north.net](http://www.17north.net)

Yield: 4 servings

- 1/4 c. olive oil
- 4 16 oz. beef short ribs
- Kosher salt and cracked black pepper, to taste
- 2 carrots, peeled and chopped
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 5 cloves garlic, sliced very thin
- 2 oz. tomato paste
- 2 c. Barolo wine
- 1 c. veal stock
- 1 16-oz. can peeled imported Italian tomatoes, crushed by hand
- 1/2 bunch thyme
- 1/2 bunch rosemary

- 1/2 bunch oregano
- Whipped Potatoes (recipe follows)
- Fresh parsley, chopped (optional, for garnish)

**Method** (1) Preheat oven to 375°F. (2) In a large Dutch oven over high heat, heat olive oil. Season ribs with salt and pepper; sear on both sides until golden brown. (3) Remove short ribs; set aside. Add carrots, onion, celery and garlic; cook until browned. Add tomato paste, and cook about 1 minute. (4) Add wine, stock, tomatoes; scrape bottom of Dutch oven with a wooden spoon. Add herbs, and bring to a boil. Place ribs back into pot. Cover; place in oven for 2 1/2 hours. (5) Remove pot from oven, and gently remove ribs. Strain sauce, reserving some chopped vegetables for service. Place sauce back into pot; reduce by 1/3. Place ribs back in pot. (6) To serve, scoop Whipped Potatoes onto center of plate. Carefully lay short rib on top. Spoon sauce and vegetables over meat and around plate. Garnish with fresh parsley.

### Whipped Potatoes

- 4 large Idaho baking potatoes, peeled and cubed
- 1 stick whole butter or margarine
- 1/8 c. milk
- 2 t. salt
- 5 turns freshly ground pepper

**Method** (1) In a pot of boiling salted water, add the potatoes. Reduce heat, and cook until fork tender, about 15-20 minutes. (2) Strain and place dry potatoes back in pot. Add butter, and mash by hand or use a mixer to whip. (3) Add milk to the consistency you like. Season with salt and pepper to taste.

**Wine pairing:** The young **Beni di Batasiolo Barolo 2005 (Italy)**—with flavors of strawberry, licorice, chocolate and mint—will not only pick up on the Barolo in the prep, but also has the substance to stand up to the short ribs and whipped potatoes.