



Patti's Fall Off the Bone Short Ribs

Recipe Courtesy of Patti LaBelle

Ingredients:

3 pounds beef short ribs
2 teaspoons Himalayan salt
1 teaspoon white pepper
½ teaspoon turmeric *optional*
½ teaspoon paprika *optional*
1 cup all-purpose flour
2 tablespoons grapeseed oil
1 ½ cups beef stock
½ cup chopped vidalia onion
½ cup chopped carrots
½ cup chopped celery
½ cup chopped green bell pepper
1 tablespoon finely chopped garlic
¼ cup chopped fresh parsley *optional*

Method:

1. Sprinkle the short ribs with the Himalayan salt and white pepper, turmeric and paprika, and coat evenly with flour.
2. Heat the grapeseed oil in a large stockpot or Dutch oven over high.
3. Add the short ribs and sear until browned on both sides, 2 minutes per side. Add the beef stock, onions, carrots, celery, green pepper, garlic, and fresh parsley. Turn the heat to low, cover, and cook until the meat is falling off the bone, 2 1/2 hours.