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Approx.
Cook Time:
9.5 hrs

Nutrition Facts

Serving size 1 meal (268g)

1 Serving: Beef Short Rib (170 g), Polenta 0.25 cup (40 g), Demi-Glace Reduction 1 tbsp (9.6 ml), Mirepoix Veg Mix 2 tbsps (28g), Cheddar Cheese 1 tbsp (14g), Corn Starch 1/2 tbsp (7g)

Amount per serving

Calories 580

% Daily Value*

Total Fat 25g	32%
Saturated Fat 10g	50%
Trans Fat 0g	0%
Cholesterol 115mg	38%
Sodium 610mg	27%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 3g	0%
Includes 1g Added Sugars	2%

Protein 39g

Vit. D 0mcg 0%	• Calcium 120mg 10%
Iron 6.2mg 35%	• Potas. 640mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

Braised Beef Short Ribs with Creamy Cheddar Polenta

Ingredients: Beef, Canola Oil, Salt, Black Pepper, Polenta, Onions, Carrots, Celery, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Color]), Modified Cornstarch Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor), Reduced Wine, Vegetable Juices (Tomato, Onion, Carrot, Celery), Maltodextrin, Sugar, Beef Stock, Natural Flavor, Salt, Butter, Yeast Extract, Beef Fat, Corn Starch.
ALLERGENS: Contains Milk.

Collect the following:

	4 servings (pcs)
 Beef Short Ribs	1
 Polenta	1
 Mirepoix Veg Mix	1
 Demi-Glace Reduction	1
 Cheddar Cheese	2
 Corn Starch	1



Questions? Email help@suvie.com

Braised Beef Short Ribs

with Creamy Cheddar Polenta

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What You Will Need: 4 cups water, 1/2 cup red wine (or water), scissors, small bowl or liquid measuring cup, whisk, salt, pepper.



1. Open package & pour **polenta** into Suvie pan. Add **4 cups water** & **2 tsp salt**. Stir to combine.



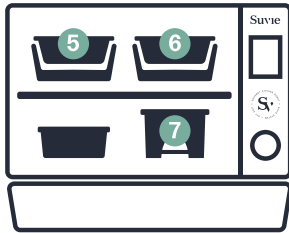
2. Cut open **beef short ribs** package. Place beef short ribs in Suvie Pan.



3. Cut open **mirepoix veg mix**, pour on top of beef short ribs. Spread evenly in pan.



4. In a bowl or measuring cup whisk together **1/2 cup red wine (or water)**, **demi-glace reduction**, & **corn starch**. Pour over mirepoix & beef short ribs.



5. Starch: **Polenta**

Place Polenta in **upper left** cooking zone.

6. Protein: **Beef Short Ribs**

Place Short Ribs in **upper right** cooking zone.

7. Leave empty starch pan in Suvie

8. Garnishes: **Cheddar Cheese**

Keep garnishes in fridge.

9. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.

10. Set Suvie

- Don't forget to fill the reservoir to the fill line indicated
- Choose **Cook Now**, **Refrigerate**, or **Schedule** on the screen.
- **This recipe takes 9.5 hours to cook, we recommend scheduling it in the morning.**
- You can also **customize** the cook times to your liking!
- Wait until the cook is done before proceeding to the steps below.



11. Carefully remove pan (**it will be hot!**) with **polenta**. Season to taste with **salt** & **pepper**.



12. Stir 2 packets of **cheddar cheese** into the polenta until smooth & creamy. (Optional: for added creaminess add **1-2 tbsp butter** to polenta.)



13. Carefully remove the pan with **short rib** from Suvie. (Optional: skim any visible fat from the top of the pan with a spoon & discard.)



14. Divide the polenta between plates. Top with short rib. Stir the sauce to combine & spoon over the short rib. **Enjoy!**