

Braised Beef Short Ribs

with Garlic Herb and Parmesan Potatoes

Hold this corner to logo on Suvie



What You Will Need: water or 1/2 cup red wine, salt, pepper, olive oil, scissors.



1. Cut open **beef short ribs** and add to a Suvie pan.



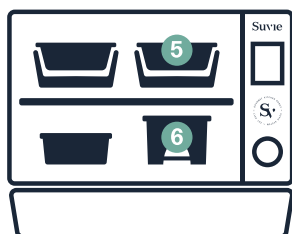
2. Spread **mirepoix** evenly over the top of the beef short ribs.



3. In a bowl or measuring cup whisk together **1/2 cup red wine** (or water), **demi-glace** reduction, & **corn starch**.



4. Pour red wine mixture over the mirepoix & beef short ribs.



5. Protein: Braised Short Ribs

Load into **upper right** cooking zone.

6. Starch: Baby Potatoes

Do not add water. Place in **bottom right** cooking zone with **FRONT** facing outwards. **Don't forget to add salt.**

7. Garnishes: Parmesan Cheese, Garlic Herb Seasoning

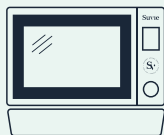
Keep garnishes in fridge.

8. Scan this card

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

9. Set Suvie

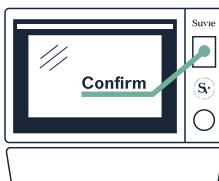
- **Don't forget to fill the reservoir** to the fill line indicated
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- **This recipe takes 9.5 hours to cook, we recommend scheduling it in the morning.**
- You can also **customize** the cook times to your liking!
- Wait until the cook is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



10. Remove **baby potatoes** from the starch pan. Combine with 1 tbsp **olive oil** and **garlic herb seasoning** in a bowl.



11. Place potatoes in a clean Suvie pan. Top with the **parmesan cheese**. Place pan in upper left zone.



12. Confirm broil times on Suvie screen. Close Suvie door & select **"Start Broil."**



13. After the broil divide the potatoes between plates. Divide the beef short ribs between plates and spoon the sauce over. **Enjoy!**

V2A

Approx.
Cook Time:
9.5 hrs

Nutrition Facts

Serving size 1 meal (295g)

1 Serving: Beef Short Rib 1 short rib (170.1g), Mirepoix 2 tbsp (28.4g), Baby Potatoes 1 cup (70.9g), Demi-glace 1 tbsp (8.5g), Corn Starch 1 tbsp (7.1g), Parmesan 1/2 tbsp (7.1g), Garlic Herb Seasoning 1 tbsp (2.7g)

Amount per serving

Calories

520

% Daily Value*

Total Fat 24g	31%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 760mg	33%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	2%
Total Sugars 2g	
Includes 1g Added Sugars	0%

Protein 38g

Vit. D 0mcg 0% • Calcium 140mg 10%
Iron 4.6mg 25% • Potas. 600mg 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.

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Ingredients: Short Rib (Beef, Canola Oil, Salt, Black Pepper), Baby Potatoes, Mirepoix (Carrots, Onions, Celery), Reduced Wine, Vegetable Concentrate (Tomato, Onion, Carrot, Celery), Maltodextrin, Sugar, Beef Stock, Natural Flavor, Salt, Butter, Yeast Extract And Beef Fat, Cornstarch, Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder To Prevent Caking, Potassium Sorbate To Protect Flavor, Garlic, Onion, Spices (Black Pepper, Parsley, Fennel, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary, Celery Seed), Carrot, Orange Peel, Spice Extractives

Allergens: Milk

Collect the following:

	4 servings (pcs)
Beef Short Rib	1
Mirepoix	1
Baby Potatoes	2
Demi-glace	1
Corn Starch	1
Parmesan	2
Garlic Herb Seasoning	1

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.



Questions? Email help@suvie.com