

*The poor man's roast*  
***"They call that braising"***

*Food prices had been on the rise for the last while and I really do not see the logic for a prime rib roast to cost over \$23 a lb. Then half of what you pay are bones.*

*I am revealing a substitute for this prime meat cut by using short ribs. Short ribs are tender meat. The process of cooking is simple.*

*Work is a bit multiple but once you get it, it would be a glorious meal you would enjoy with your whole family. Besides, you can use this for a festivity entrée and gain all the oohs and aahs.*



*Ingredients*

*The meat*

*Short ribs [you can get them at grocery stores or you can get them at Costco] > the ones you obtain from grocery stores are often with bones and the ones from Costco is without ribs. Either one would do.*

*Clean and soak the short rib in water for 1 hour. The blood stains will come out of the beef. Discard the dirty water and clean the beef. Then strain and dry them with paper towels.*



*Get a flat long dish or you can use the cutting board; put some flour on, mix with salt and pepper and garlic powder and onion powder [the spice mix is optional since you will have seasoning and other spices add on to the meat later.]*

*Use a frying pan and fry the beef on all sides, this is to seal the beef of its juice and the flour will thicken the sauce.*

*Then put the meat in Dutch oven or Le Creuset [something heavy that can sustain long slow cooking; cast iron would be a good choice]*

*It is perfectly fine to fry the meat in a Dutch oven and you have less to clean up.*

*Add your condiments to the beef*

*The condiments*

*Garlic powder*

*Onion powder*

*Beef concentrate cube*

*Italian spices of oregano, rosemary*

*Bay leaves*

*Chili pepper flakes*

*Some people add their favorite red wine to give a more refined taste  
Tomato paste is often deployed > it would give the sauce a better color but  
please no ketchup or food coloring since you will ruin the whole pot.  
Water to cover the beef*

*Vegetables*

*Carrots / onions / potato / celery*

*These are standard. Vegetables should be added to the meat half way*

*Temperature 350 for 2 hours [[after 1 hour, put your hard vegetables in  
with the meat]]*

*You can smell the aroma of the dish once it starts to cook.*

*You will witness the more aromatic beef, moist with wonderful sauce*

*Tip: This sauce is good for reheating > put it in the fridge overnight and you  
can skim the fat off the sauce the next day. Then the sauce would be lovely.  
If the sauce is too thin, you can thicken it with corn starch or potato starch.  
Do not forget to find a beautiful dish to substantiate your work.*