



MEALS

GF

SWEET BRAISED SHORT RIBS WITH WASHINGTON APPLE & CELERIAC PUREE

A great main dish for a special occasion or when having friends over!

SERVINGS:

4

COOK TIME:

1 hour

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☐ 4 each Garlic Cloves

☐ 1 Tbsp Butter

☐ 1 Tbsp Red Vinegar

☐ 1 L Beef Stock

Celeriac Puree

☐ 1/2 Celeriac Root

☐ 2 Tbsp Butter

☐ 300g Milk

INSTRUCTIONS:

To prepare the ribs:

1. In a pressure cooker, place the ribs and sear on both sides until brown. Remove from pot and set aside.
2. In the same pressure cooker, add the onions and the garlic and sauté for five minutes.
3. Once translucent, add the red vinegar and deglaze the pot.

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1. In a pot, add butter and celeriac root slices. Cook for five to ten minutes.
2. Add milk and cook for five more minutes.
3. Add mixture into a blender and blend until smooth.

Serve short ribs and apple mixture on top of sauce, or as desired.

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