

Grilled and Braised Short Ribs, Brasciole Style  
*At Home with Michael Chiarello*

For the Brine:

2 quarts (8 cups) water  
2 cups firmly packed brown sugar  
2 cups kosher salt  
2 tablespoons juniper berries  
3 bay leaves

8 cross-cut short ribs, about 1 pound each  
¼ cup extra virgin olive oil  
2 tablespoons thinly sliced garlic  
2 teaspoons fennel seeds  
½ teaspoon red pepper flakes  
4 cups Marinara Sauce (make your own or use a good quality jarred sauce)  
4 cups chicken stock  
1/3 cup drained capers  
2 bay leaves  
3 tablespoons finely chopped fresh Italian parsley  
1 tablespoon grated lemon zest

Make the brine: In a large saucepan, combine all of the ingredients over high heat and bring to a boil, stirring to dissolve the sugar. Remove from heat and let cool completely.

Arrange the ribs, bone side up, in a single layer in two 9-by-13 inch baking dishes. Pour the brine over the ribs. Cover with plastic and refrigerate for 3 hours.

Ready a charcoal or gas grill for direct heat grilling over a hot fire.

Remove the ribs from the brine and discard the brine. Place the ribs, fat side down first, on the grill and cook, turning occasionally, until seared on all sides, 8 to 10 minutes.

Preheat the oven to 300°F.

In a large 12-by-15 roasting pan, heat the olive oil over medium high heat. Add the garlic and tilt the pan to collect the oil and garlic in one corner. When the garlic begins to brown, after about 30 seconds, lay the pan flat on the burners and add the fennel and red pepper flakes. Cook the spices in the oil for 10 seconds to release their fragrance. Add the Marinara Sauce, chicken stock, capers, and bay leaves and stir to mix well. Arrange the ribs in a single layer in the pan. Bring the liquid to a simmer.

Cover the pan again, move it to the oven, and cook the ribs for 3 to 4 hours. They are ready when the meat pulls away from the bones easily. Remove the pan from the oven and transfer the ribs to a platter, leaving the sauce behind in the pan; cover to keep warm. Using a large spoon, skim as much fat as possible off the top of the sauce. If the sauce has cooled, reheat it on the stove top.

Divide the short ribs among warmed individual plates and spoon the hot sauce over them. In a small bowl, mix together the parsley and lemon zest. Sprinkle a little of the mixture over each serving and serve immediately.

Serves 8.