

EP 43

## Your guide to elegant braised short ribs: 🍷👩🍳 Let's "B" Bougie Series Part 1

Speaker 0:00  
Welcome back FOOD FAQ-ers. I'm Mariela.

Speaker 0:03  
I'm Eric.

Speaker 0:04  
And today we're talking about something a little bougie,

Speaker 1 0:08  
little braised and bougie, braised and

Speaker 2 0:11  
bougie. What does bougie even mean? Like, my kids asked me the other day, and I'm like, How do I explain this? Like CMC?

Speaker 0:17  
Like? Yeah,

Speaker 0:21  
but like when you're really not right,

Speaker 1 0:23  
when I've always equated it when you're when you're necessarily not yourself high end or fancy or yourself. Yeah, I think that's when you use the word bougie.

Speaker 2 0:35  
Right. Like, you're just, it's a moment in time for a snapshot,

Speaker 1 0:39  
right? It's not an everyday activity for us. So that's why I think we can use the term. I don't think the wealthy refer to themselves as we refer to them. I think that's what it is. Oh,

Speaker 2 0:54  
well, we're adopting the term here. Because, you know, here in food FAQ, we're generally very simple folk. We like recipes that are easy, and approachable. And although this recipe today will be both easy and approachable, it is a little fancier than when we usually do. It is

Speaker 1 1:09

a little fancier. So the next three episodes, we have some bougie recipes for everybody.

Speaker 2 1:15

Yes. And we're starting with bougie and braised, braised

Speaker 1:19

and bougie. Mariela.

Speaker 1:21

You know, I came up with it. Thank you very much.

Speaker 1 1:24

You're honest to god? Did you came up with this entire little series? Yeah, I remember. At least I'm here to take notes on how to properly pronounce

Speaker 1:33

pronounce That's right.

Speaker 1 1:35

Our, our episodes here. So

Speaker 2 1:39

my god, welcome. Thank you for pronouncing it. Alright, so we're gonna do braids and bougie. And this is a recipe that I tried today, for the first time. I tried to braise short ribs. And I was a little bit intimidated by it. Not gonna lie. Okay, tell me. Have you ever made it before? No. Right. I've only enjoyed it made in a restaurant. So to me, it's like a fancy meal you get in a restaurant. So let me start from the beginning. Okay, I have a bone to pick with chicken. Tommy was originally going to go and spatchcock chicken, which I may do still at some point. So I went to go buy this chicken at BJ's or whatever, because I was there anyway. And the chicken was like 17 \$18. And I'm like, when did one stupid chicken become so expensive? And and how do you buy a rotisserie chicken for five bucks cooked?

Speaker 1 2:36

There's there's a whole thing behind that I can send you the link to the to the one that talks about like how Costco keeps the chickens Hello. And they do take a loss on chicken they purchase but it's it's the price is meant for them to take that loss. Because you're gonna buy other shit. Which is true, then I'll honestly they probably buy chicken at such a Bulk Rate.

Speaker 3:00

I mean, they're the bookstore imagine what they get, right.

Speaker 3:05

But anyway, true. That's so logical and

Speaker 2 3:10

changing your mind. Here you are. So I got pissed off with this chicken. And then I looked at the beef section and I saw the short ribs were just slightly more expensive. And to me infinitely better than a fucking chicken. I don't know. I have to short ribs were less expensive. No, they were just a little bit more like maybe \$8 Which to me is like a trivial amount these days anything costs \$8 oxygen at some point will cost

Speaker 1 3:32

\$8 Sorry, this was \$8 a pound. No, I don't even

Speaker 3:37

know I got seven short ribs. I want to say maybe there was like

Speaker 1 3:41

this is why this is the Bougie episode. You're like I don't know the price. It was 25 bucks. I just purchased it.

Speaker 2 3:46

Yeah, but it was 25 bucks for seven short ribs, which I thought Shit like you buy this at a restaurant. It's way more expensive than this. So it's worth doing at home. So I didn't know what I was doing. So I got some advice from my cookbook club the longest table and was telling me that she made short ribs from somebody she follows on Instagram. It's called Dinner with Levi. I can't remember exactly what it is, but I'm gonna link it in the in the show notes. It's this toddler and his dad is like a chef and he cooks for him and the toddler eats very like high end food. And he's adorable. Anyway, so she shared this recipe with me and she told me that the star anise was the like star of the show. So I said okay, I'm definitely going to add the star anise to this. Okay. So this is what I did. You grab your short ribs, you grab about a quarter cup of flour, whatever it is to dust it on the outside so that it can get nice and golden when you brown the meat. While you're dusting it you get your Dutch oven has to be a heavy pan. Eric, you can't just do this in like a little dinky one or something like that. Exactly. So then you brown the Short ribs on all sides. You remove them from the pan. This kind of meat will render a lot of fat you have to drain some of the fat out of the pan. You keep about two tablespoons in there. Then I got three carrots I went ahead I didn't peel them because they're just for the braising liquid. And I cut them into chunks. I got a quarter an onion, and I got three stalks of celery, chopped it up, put it in there sauteed it salted it and remember to salt your food as you cook you can't do it all the end or all the beginning it has to be a built in process. And then I added about two tablespoons of tomato paste and let that I had it frozen because you know I have a freezer obsession so when I open one I freeze the rest. So then I always have tomato paste, so I suggest you do the same thing. So I let it all marinate in there, add a little pepper. Then I went ahead and I put the five star anise with that texture and I tested about then I put the short ribs back in the pot, nice and brown. And then I added half a cup of wine, red wine, I used a cab it was cheap. It's not easy. I know that you're supposed to cook with a wine that you can drink but I bought it was a decent wine it was like 10 bucks or something so it wasn't like horrible. Right half a cup of that I put it three cups of beef stock which I had made the day prior because I had made Bukka Freetown

which is fried cow which is so good and we should make a whole pressure cooker delight like series because the pressure cooker can really get you out of a jam. And it can it makes a lot of Cuban food that I think is for

Speaker 1 6:33

those who don't know baclofen Eater is just like it's like shredded. fried beef. It's very good. Well, it's one of my favorite dishes, but

Speaker 2 6:42

it's lemony and garlic lan. Oh, good. So I had I kept the broth because honestly I made that for my family but I drink the broth because I am abroad where and I will drink soup for any meal. So I went ahead and I put three cups of that in with it. I added half a teaspoon of molasses which I think did something really magical to this dish. So molasses added a richness the sauce itself was so like velvety and like all encompassing like anything that it touched with the meat it just like surrounded it and gave it that like lip Smacky Delicious, right mouthfeel. With that I also added about one teaspoon of Worcestershire sauce to all that I started a little bit I didn't want to interrupt it too much because I wanted the beef to lay on top of the chopped vegetables so that they wouldn't burn. Right? And Oh, also, I'm sorry, when you do begin the process, put your oven at 350 before you start to preheat it. Once you do all these things, you cover it and you put it in the oven for three hours. Check it at two and a half hours. You don't have to do anything to it. Just let it sit and cook. Eric.

Speaker 7:55

When characters looked delicious,

Speaker 2 7:58

oh my God, when I tell you that this is maybe one of the best things I have made at home. It absolutely is. The star and it was right is definitely the star of the show. It adds this like Janessa quoi in the background like yeah, you know, don't laugh at me with my genetics lesson.

Speaker 1 8:14

If you love that fucking phrase. Like, I would think you would use the word like it adds like a warmth.

Speaker 2 8:20

Yes. Yes, it's all those things are true, but it's not something that you eat often. I feel like when you do eat it, you're like, Oh, I know.

Speaker 1 8:32

I have a question. Okay, yeah, I normally don't like star Ms. A nice. I don't like it. Because it's a little liquor she so did that look where she come out or? No, like, what did it add to that? Not something I wouldn't do I will absolutely do the step. But I'm just curious at how the anus came out.

Speaker 2 8:53

It added just like you said like a warm a spice almost like if it were cardamom or something to that degree, but like, just subdued. You know, it was its best self. It was like the representative like when you meet people you don't really know and you're on your best behavior like that was a star anis at this meeting. He really behaved you know, but he lends lots of nice things to the conversation. Then what do you think about

Speaker 1 9:16

adding like, I'm just like, giving like conversation here. Because of the star anis added like a depth to it. What if you added like a cinnamon stick to it?

Speaker 2 9:28

You could 100% do that. And it would be a welcome addition. Especially in the fall, right? Yes. And I think what it is I've seen you know, I pored over a lot of recipes to kind of create this recipe which I'm not reinventing the wheel I just kind of added whatever I felt would be good in such a dish as this you know, I think taco Vaughn in the past so I'd have a little bit of you know, a little bit of practice with something like this like a saucy meat that's breezed over time. So I kind of took from that but I feel like you know the wine itself. You taste the wine. It's there. It's not overpowering, but it does kind of it takes on the flavors of the things you put into it. And it also becomes subdued. You know, it is perfection. And with it I made, I only had two potatoes, so I didn't want to go out and buy more shit to make with it honestly. So I peel my potatoes, I cut them up, and I added three gigantic carrots that I chopped up and boiled with the carrots to make a potato, carrot mash, which was honestly, a good choice, because this is so incredibly rich that having just like a tinge of vegetable in there. It did a wonderful service, honestly. I mean, and this is like fall in a bowl. And it does take time to make right but the all the work is on the front end. And then once you're done kind of salting and browning. That's it. You're good. You're done. Right. And I serve myself one short rib. I couldn't even finish it because it was it's so rich. Yeah, the sauce is just oh my god, Eric, it is. This is something we need to make in our lifetime at least once. And this is the perfect time to make it fall in a

Speaker 1 11:04

bowl. It doesn't like fall in the bowl sounds like really warm and delicious and fatty.

Speaker 2 11:07

It is fatty 100% Like that's like this is the type of thing you feel on your lips after you're done. You're like memorandum? Yeah. There's something in there. Sounds really good. Yes, I think it's also something you can entertain with, you know, we're coming up on that time of year where people will come over and you want to like kind of impress them. But you also have to clean your house and make sure that you have all the other shit ready. This is something you can kind of throw in the oven, and then wow with without too much effort. Right? And it's not incredibly expensive either. Really, when you think about the quality of the food that you're serving, it doesn't cost that much money and you're able to feed at least four people. We had seven short ribs, and the kid the one like together. I think you could feed four to five people with this.

Speaker 11:53

And how many service did you get? Was it one per person?

Speaker 2 11:57

I had seven short ribs. My husband a two I couldn't finish one my kids ate one. And then I had two leftover. It feeds people.

Speaker 12:07

Looks like you got good short ribs.

Speaker 2 12:10

Yes. They were definitely meaty. They weren't skinny little like no, they were not keto ribs. They were eating carbs. I think that this is a godsend. Honestly, I my husband could not believe it. He was like, Oh, this reminds me of how you used to cook before we had kids, you know when I had time to marinate?

Speaker 2 12:42

He's Listen, he's not wrong. I used to really pour over recipes and make very complicated things before I didn't when I had the time. You know, I didn't realize, but this is like has all the same notes of all these amazing things that you really want to eat. But you don't have time to make this is it? Where you can make this for anything. Right?

Speaker 13:01

This is like definitely like a weekend project.

Speaker 2 13:04

Yeah, yeah, you can't I mean, unless you have an extra like three hours to stand by the oven. You don't leave the house, which could be for some people who work at home, you could do that. Sure. I'm sure you could even make it and another appliance that like a slow cooker or whatever. I

Speaker 1 13:19

don't Well, I think you know, I don't know about that. That's something that we had to play with. But sure, it was a little bit too pricey to play with that. But I think you know, I think the braising process is happening in the oven anyways. And I think that's what makes us special. So I guess you could I mean you can cook ribs in you know slow cookers and stuff like that too. But it's not going to come out with a concentration of flavor that you're getting from this because you know when you're cooking the oven those flavors are really concentrating hardcore, resin the slow cooker they are but the watering the broth of Ozu that you're getting from it is not going to be as intensively rattled think

Speaker 2 13:58

you're ojou you're talking about my indigenous acquire whether shooing yourself

Speaker 1 14:03

by oh shoot myself once your genocide quad, it's like seven episodes. So you're like, you're like I ate this candy cane. I fell on the floor. There was a Janessa quoi that had that was part of the it was delicious.

Speaker 2 14:19

Worse than listen, so I think I'm going to make this for you. And Ryan. I know he will actually like this very much.

Speaker 14:28

He'll eat it's me. The fact that part is my kids were like, Huh You know, mom?

Speaker 2 14:36

My daughter was like, Mom, I know this took you many hours to make, but I don't want to hurt your feelings. I don't like

Speaker 1 14:43

I mean, I don't necessarily. She's honest. And I definitely, you know, duck me wrong. I think as a child, I would have liked this but no as a truther absolutely would have liked this, you know, but I think when people make this type of recipe No take into consideration, you know, your child's palate. And if it's gonna light and your children have extended palates, you're not trying to children. No. So definitely take into account that when you make a meal like this, just know that they may love it. You know, this might be something you just want to serve with adults. Yeah. You know, I'm saying, but your kids have extended palates. So

Speaker 2 15:25

I think it's the wine flavor that they're not really so accustomed to. Right. If my son ate it, he ate it, but he was grilled.

Speaker 15:32

I have a feeling he just eats me.

Speaker 15:36

Sometimes, yeah, yeah.

Speaker 15:38

It's like alright, it's there. We'll just eat

Speaker 15:41

my daughter's I can have yogurt. I'm like, as long as I don't

Speaker 1 15:46

remember that? Awesome. Macaroni and cheese. Give me that came with that blue box. Oh, my. That's me have your heart attack. Oh, my God. Oh, that sounds like a wonderful meal. I'm

glad you got to share with your family. Yes, and I can't wait with you. Jeff, we'll make it we'll make it in a couple of weeks when you're here. I think it'd be a fun evening. It'd be nice. Because when you're here, it's going to be nice and cool. It's already cooling down.

Speaker 2 16:11

It's bougie baby. It's gonna be nice and bougie which is right up your alley because you're from Miami to new slightly bougie baby too.

Speaker 1 16:17

I'm a I'm a lot of Busey, baby. I don't always have the Bougie baby budget but I definitely am

Speaker 2 16:24

because sort of website looking for sugar daddies we can call it bougie babies

Speaker 16:30

that you money there has to be something out there like that. Like some type of website out there like that

Speaker 2 16:34

bougie baby budget. Oh my god you DD budget. All right. Okay, if anybody out there wants to develop this app. We're here to help.

Speaker 16:42

Yeah, yeah. Because we need someone to keep us on a Bougie diet. So

Speaker 2 16:47

oh my god. Well, listen, this is good and bougie and I think it's bougie on a budget and you can impress entertain, and really just salivate. It is so flippin good. You guys. I might throw a picture of it up on Instagram. Why not already do it? It was It looked really fucking good. Yeah, we don't keep up with her social media. We're

Speaker 17:06

gonna do it. We're gonna do it. I promise. We're gonna do it.

Speaker 2 17:09

So I'm gonna put this picture up. I mean, it's not the best picture y'all but it is in existence at the very least. Yeah, put

Speaker 17:14

it up. I'm excited. All right, you guys. So

Speaker 2 17:16

this is part one of our being bougie. This is braised and bougie.

Speaker 1 17:22

Next week is a good boozy. Yeah. Do you want to reveal it? Next week. So this week, we did braised and bougie. Next we're going to do blue and boozy. So blue cheese jeans. And the last week we're going to have baked and bougie

Speaker 2 17:40

Yeah, because these recipes are bougie. And they're special, but they're approachable, and they're easy to make. I'm going to add this recipe in the show notes also, for you guys. And if you have any questions, if I didn't explain something well enough, drop us a line, send us a DM slip into my DMs and I'll answer you because, you know, this is what we do. We love this stuff. We do. Alright, you guys have a very busy week, and we'll see you soon. Take care. Bye bye

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Mariela & Eric

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