

Short Rib Wellington Potpie

Yield: 7 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-short-rib-recipe>

Ingredients:

- 2 1/4 pounds boneless beef short ribs cut into 1-inch dice
- kosher salt
- freshly ground pepper
- 2 tablespoons olive oil
- 1/4 pound prosciutto cut into 1/4-inch squares
- 3/4 pound cremini mushrooms quartered
- 8 tablespoons unsalted butter cut into cubes
- 1/2 cup all purpose flour
- 1/2 cup red wine
- 1 1/2 tablespoons beef demi-glace
- 3 cups beef stock
- 1 teaspoon chopped fresh thyme
- 1 bay leaf
- 1 1/2 cups pearl onions
- 1/4 cup fresh flat leaf parsley chopped
- 1 sheet puff pastry 10 to 11 inches square
- 1 egg lightly beaten with 1 tsp. water

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 75 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 13 grams
8. Sodium: 670 milligrams
9. Sugar: 4 grams

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