

Syrah braised short ribs

Pair with 2006 Shadowbrook Syrah

Recipe by Boccondoro Catering

Ingredients

3 lbs beef short ribs
1 onion cut into 4 pieces
2 carrots cut into 3 pieces
1 tbsp chopped fresh rosemary
1 tbsp chopped fresh thyme
2 tbsp olive oil
1 bottle decent Syrah wine
2 tsp flour
Kosher salt
Fresh ground black pepper

Directions:

Preheat oven to 375°F.

Mix rosemary, thyme, salt & pepper and sprinkle all over ribs.

Let seasoned ribs stand at room temperature for 1 hour.

Arrange ribs on a plate and dust with flour.

In a heavy ovenproof pot, heat oil over medium heat.

When oil is fairly hot, add ribs & brown, about 8 minutes.

Add onion & carrots, let brown for a few minutes.

Add entire bottle of wine and bring to a simmer.

Cover, transfer to oven & braise until meat is tender and almost falling off the bones, about 2 ½ to 3 hours.

Make sure to turn the meat every hour or so.

Serve with soft polenta or mashed potatoes. Serves 4.

Buon Appetito!

Contra Costa Wine Scene

By Jenn Thornton

From Brentwood to Martinez and over to Walnut Creek, more than 12 wineries now dot the map of CC County wine country assuring us that both vineyards and winemaking are making a solid comeback to our region of the East Bay.

A VINTAGE YEAR: An Update on Shadowbrook Winery

Walnut Creek's Shadowbrook Winery continues to grow its reputation within the local wine community for its host of delicious wines. Last year was busy for Shadowbrook; the winery is now producing more than 700 cases of wine compared with only 150 in its inaugural year 2005. With 100% of its grapes grown on six acres at the foot of Mt. Diablo, Shadowbrook will produce several new varietals in 2008—Merlot, Zinfandel, Malbec, Petit Verdot, and Petite Syrah—to complement its other successful wine varieties.

Increased production has also allowed Shadowbrook to start an exclusive wine club. The first 150 members who sign up will enjoy private tastings and special release parties at Shadowbrook's gorgeous winery estate. Wine Master Tim Jochner describes Shadowbrook's new Syrah as "inky purple and velvety smooth with complexity beyond its age. It has old-world classic varietals characteristics of black fruit, white pepper and an earthy quality on the nose. The full-bodied palate boasts raspberry and violet that mingle with savory lavender spice." Priced at \$32 a bottle, demand for this wine, is expected to be high. The winery also produces a sumptuous olive oil-regular and garlic infused-also grown in the foothills of Mt. Diablo in Walnut Creek.



Join Shadowbrook Winemakers Tim Jochner and Mark Lavezzoli on Friday, September 12 from 5:00-7:00pm, for a wine tasting happy hour at Massimo's, 1604 Locust Street in Walnut Creek.

Details: Shadowbrook wines can be found at Massimo Ristorante, M&M Cork 'n Bottle Liquor Store, Artisan Wine Lounge, Vic Stewart's, Moresi's Chophouse and Co. Co. County Wine Company. For more information on the winery and wine club, go to www.shadowbrookwinery.com or call (925) 988-WINE.