

# 48-Hour Short Ribs

Bone-in beef short ribs held at 57 °C for two days. Collagen slowly converts to gelatin while the meat stays medium-rare — an outcome no traditional method can reach. The bag juice gels in the fridge into natural demi-glace. Start Thursday. Serve Saturday.

Protein Bone-in Beef Short Ribs

Serves 4 (2 ribs per person) · scales with bath volume

Difficulty Intermediate

Active 15 min (salt + bag) + 10 min (sear + serve)

Total 48 h bath + 10 min sear + 15 min rest (~49 h from start to plate)

## THE STORY

### Time as Ingredient

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This recipe is a case study in the thing sous vide does that no other method can: use TIME as a cooking variable instead of TEMPERATURE. Conventional braising takes tough short ribs from raw to fall-apart tender by cooking them at 95 °C for four to six hours — during which the meat passes through medium-rare, medium, medium-well, and well-done on its way to fork-shred. The final texture is defined by the high temperature, not by choice. You get braised meat.

Sous vide at 57 °C over 48 hours produces a fundamentally different outcome. At that temperature, the meat never passes 57 °C internally — it stays medium-rare from minute one to hour forty-eight. But the collagen, held at 57 °C for two days, slowly converts to gelatin. What arrives on the plate is a short rib with the interior texture of a perfect medium-rare ribeye and the tenderness of a classic braise. The words for it barely exist because the category is new — call it "steak-texture short rib" and move on.

The bag juice is the hidden gift. Forty-eight hours of meat at 57 °C produces roughly 200 ml of intensely concentrated beef extract — gelatin, myoglobin, trace minerals, rendered fat. Chill the strained bag juice overnight and it sets into a firm jelly that is, functionally, fresh demi-glace. Four ribs' worth of bag juice is enough to make pan sauce for six more dinners. This is the reason sous vide is Pablo's highest-leverage technique: one cook yields both the main course and the sauce-base for a week.

AT A GLANCE

## Specs

<b>YIELD</b> <b>8 ribs (4 servings of 2)</b>	<b>CUT</b> <b>English-cut bone-in short ribs</b>	<b>BATH TEMP</b> <b>57 °C / 135 °F</b>	<b>DIFFICULTY</b> <b>Intermediate</b> ●●●○○
<b>ACTIVE TIME</b> <b>25 min across 2 days</b>	<b>BATH TIME</b> <b>48 hours (non-negotiable)</b>	<b>MAKE-AHEAD</b> <b>Yes — chill in ice bath, reheat + sear</b>	<b>PASTEURIZATION</b> <b>Fully pasteurized at 4 h; 48 h is for texture</b>
<b>BAG JUICE</b> <b>~50 ml per rib — save for demi-glace</b>	<b>PAIRS WITH</b> <b>Rioja Reserva, Bordeaux, Oloroso</b>		

UMAMI ADAPTATION

## What Changed & Why

Classical braised short ribs are French-adjacent comfort food — great, but no different from what your grandmother made. The 48-hour sous vide approach, codified by modernist chefs in the early 2000s, is a completely different outcome that was impossible before temperature-controlled circulators became affordable. Pablo's kitchen has the circulator and the vacuum sealer (MEMORY.md ✓). The adaptation keeps the 57 °C / 48 h protocol exactly,

adds a Spanish finish option (pimentón–sherry lacquer on the kamado instead of neutral pan sear), and a ● bag–juice demi–glace harvesting protocol that turns one cook into six future pan sauces.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
<b>TECH</b>	Braise 95 °C / 4–6 hours	Sous vide 57 °C / 48 hours	Holds meat at medium–rare while collagen converts — impossible by braising
<b>ADD</b>	—	Salt 24 h dry brine before bagging	Salt penetrates deep over 24 h — thorough seasoning plus dry surface for better post–sear
<b>ELEV</b>	Neutral oil pan sear	Kamado direct 250 °C + pimentón–sherry lacquer ( <span style="color: red;">●</span> )	Spanish fire finish bridges the cross–technique workflow (Pablo’s signature)
<b>ADD</b>	Discard bag juice	Strain + chill bag juice — it gels into demi–glace	48 h of meat extract = 50 ml per rib of gelatin–rich concentrate. 6 pan sauces from one cook.
<b>TECH</b>	Sear straight from bath	Ice bath 5 min before sear → kamado sear	Cold outer 5 mm buys longer sear time for thicker crust, no gray band

## What You Need

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### Everyday

#### The Ribs

- 8 × English-cut bone-in beef short ribs (roughly 200 g each including bone)
- Total: 1.5–2 kg with bones
- Source: any good butcher. Ask for English-cut (bone parallel to meat grain), NOT flanken-cut (crosswise cuts used for Korean galbi)
- Kosher salt (~12 g total for dry brine — roughly 1 tsp per rib)
- Fresh-cracked black pepper

#### Aromatics (in the bag)

- 4 sprigs fresh thyme
- 2 cloves garlic, lightly smashed
- 1 bay leaf per bag

#### Finish

- 2 tbsp neutral oil (grapeseed or avocado) for searing
- Fresh-cracked black pepper
- Maldon flaky salt
- Optional: 1 tsp chopped parsley at plating

#### Substitution Notes

- *No bone-in short ribs?* Boneless short ribs work — same protocol, same time, cook to same temp. The bone adds subtle marrow richness but is not essential. Save a beef bone separately for stock if you go boneless.
- *No vacuum sealer?* Water-displacement method with freezer zipper bags — lower bag slowly into water to push air out, seal at the surface just before submerging the bag opening. Works for short cooks; for 48 h cook use double-bag for safety.
- *Shorter cook time option?* 24 h at 57 °C produces a shorter version — firmer, less tender, still excellent. The 48 h is the full-technique showcase; 24 h is the weeknight shortcut. DO NOT go below 8 h (under-converted collagen) or above 72 h (mushy).

## ● No Limits

### The Ribs — Premium

- 8 × SRF American Wagyu Gold or Black bone-in short ribs (Pablo supplier ✓ — MEMORY.md)
- Alternative: dry-aged 21 day bone-in short ribs from a premium butcher
- Maldon flaky salt (Pablo ✓) — 1 tsp per rib for 24 h dry brine
- Tellicherry black pepper, fresh-cracked

### Spanish Fire-Finish Variant (●)

- **Pimentón-sherry lacquer:** 2 tbsp Vinagre de Jerez Reserva (Pablo ✓) + 1 tbsp honey + 1 tsp Pimentón de la Vera dulce DOP + 1 smashed garlic clove. Mix, let sit 30 min before use.
- Cherry or apple fruitwood splinter for the kamado (subtle smoke dimension)
- Kamado heat source instead of cast iron — cross-technique workflow per UMAMI-6 pattern

### Bag-Juice Demi-Glace Harvest (●)

- Fine-mesh strainer + cheesecloth (for clean strain)
- Wide shallow container (for rapid chill — wider surface = faster set)
- Ice cube tray (for portioned freezer storage — each cube is 2 servings of pan sauce)
- Labels: date + source (e.g., "2026-04 short rib demi-glace · 8 cubes")

### Infrastructure

- Anova or Joule circulator (Pablo ✓)
- Vacuum sealer (Pablo ✓) — consider double-bagging for 48 h cooks to prevent seal failure
- Large water bath container (at least 20 L — 48 h cooks require water level monitoring)
- Probe thermometer — verify bath temperature at start and periodically
- Kitchen timer set for the 48 h mark
- Cast iron OR kamado for the final sear

## EQUIPMENT

### Your Kit

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- Immersion circulator (Pablo ✓)
  - Vacuum sealer + bags (Pablo ✓)
  - Large water bath — 20 L+ for 48 h cook
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- Digital probe thermometer
- Heavy cast iron pan OR kamado grill for sear
- Tongs (long-handled, heat-safe)
- Fine-mesh strainer + cheesecloth (for bag juice harvest)
- Wide shallow container for bag juice chill
- Ice bath setup (for ● pre-sear chill option)

#### MISE EN PLACE

## Before You Start

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- Ribs patted dry, salted and peppered 24 h ahead on a rack uncovered in the fridge — surface dries, salt penetrates
- Aromatics ready: thyme, garlic, bay leaf portioned per bag
- Vacuum bags labeled with date and expected end-time (start + 48 h)
- Water bath container positioned where it can sit undisturbed for 48 h — NOT on counter you use daily
- Circulator mounted, bath preheated to 57 °C, lid or plastic wrap over the bath surface to reduce evaporation
- For day-of-service: ice bath prepared (pre-sear chill), sear-pan or kamado ready, plating setup staged

#### MAKE-AHEAD

## Timeline

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- T-49 h — Dry brine  
Salt and pepper the ribs. Place on rack over plate, uncovered in fridge. 24 h minimum before bagging.

● **T-48 h – Bag and submerge**

Preheat bath to 57 °C. Vacuum-seal ribs (2 per bag typical) with thyme, garlic, bay. Submerge. Start 48 h timer.

● **T-24 h – Check water level**

48 h cooks evaporate 1–2 L of water. Top up with hot water as needed. Verify temperature holding 57 °C.

● **T-0 – Bath done**

Pull bags. If not serving immediately: ice bath 20 min, then fridge. Reheat at 57 °C for 30 min before sear.

● **T-10 min – Harvest bag juice (●)**

Snip bag corner over strainer. Collect all juice into a wide container. Discard aromatics. Refrigerate juice — it will gel into demi-glace overnight.

● **T-5 min – Pat dry obsessively**

Remove ribs from bag. Pat bone-dry with paper towels. Bone-dry surface is non-negotiable for the sear.

● **T-3 min – Ice bath pre-sear (●)**

Dunk ribs in ice bath 3–5 min. Cold outer 5 mm, still medium-rare center. Pat dry again.

● **T-0 – Sear**

Cast iron screaming hot (or kamado at 250 °C). 60–90 sec per side. ● variant: brush pimentón-sherry lacquer last 30 sec, finish on kamado.

● **T+2 min – Rest**

Rest 2–5 min on warm plate. Short ribs don't need long rest — already at equilibrium from bath.

● **T+5 min – Plate**

Maldon, fresh pepper, chopped parsley if using. Serve bone-in with knife and fork. Pan-sauce built from bag-juice demi-glace on the side.

## METHOD

# The Cook

### 1 Dry-Brine + Bag (Day 1, Morning)

1. Pat ribs dry. Season generously with kosher salt (1 tsp per rib) and black pepper on all sides. Place on a wire rack set over a plate or sheet pan. Refrigerate uncovered for 24 hours minimum, 48 hours maximum.
2. Preheat the water bath to 57 °C. Takes 20–30 min with a good circulator and a covered bath (plastic wrap or a fitted lid reduces evaporation).
3. Remove ribs from fridge. Place 2 ribs per vacuum bag, adding 2 sprigs thyme + 1 smashed garlic clove + 1 bay leaf per bag. Seal tightly.
4. Submerge bags in the bath. Ensure they are fully underwater — use a rack or spoon weight if floating. Start the 48 h timer.
5. Cover the bath with a lid or plastic wrap. A 48 h cook evaporates 1–2 L of water; topping up with hot water every 12 h keeps temperature stable.

#### WHY THIS WORKS

The 24 h dry brine does two jobs. First, salt penetrates via osmosis — by 24 h, the ribs are seasoned 1 cm into the meat, not just on the surface. Second, the uncovered fridge rest dehydrates the surface, which is the single biggest lever on post-sear crust quality. At 57 °C, the target internal temperature, the meat will stay medium-rare throughout the 48-hour cook — no gradient, no over-cooking, no texture change from the temperature (only from the time).

Reference: Sous Vide Mastery §3 (Time vs Temperature at Constant Temp); Food Science Core §1 (Protein Denaturation Cascade).


## 2 Hold at 57 °C for 48 Hours (Days 1–3, Passive)

1. Every 12 hours: check the bath water level. Top up with hot water if it has dropped below the minimum fill line on your circulator. Running the circulator dry kills it.
2. Verify the temperature with a probe thermometer at the 12 h and 36 h marks. Most circulators hold 57 °C to within 0.5 °C, but verify anyway.
3. If the bags float to the surface mid-cook, they have developed air pockets from protein outgassing. Push them back under with a rack or a plate. Long cooks benefit from having a dedicated weight (a clean stainless steel bowl works).
4. DO NOT open the bags during the cook to check doneness. Trust the protocol. The bath temperature IS the meat temperature after ~1 hour; the remaining 47 hours are for collagen conversion.
5. Pasteurization reminder: at 57 °C, short ribs are fully pasteurized by the 4 h mark. The 48 h is entirely about texture, not safety.

### WHY THIS WORKS

The magic of this technique happens entirely at the molecular level during these 48 passive hours. Collagen (the tough connective tissue protein) begins slowly converting to gelatin at around 55 °C. At 57 °C, the conversion is slow — approximately 1 percent per hour initially, slowing as the easily-converted collagen is depleted. By 48 hours, roughly 60–70 percent of the collagen has become gelatin. This gelatin is what gives the finished ribs their silky, rich, almost creamy mouthfeel. The remaining 30–40 percent of collagen provides structure — without it, the ribs would be mushy. Going past 72 hours tips the balance and produces mushy, over-converted meat. The 48 h target is calibrated to maximize gelatin while preserving structural integrity. Reference: *Sous Vide Mastery* §4 (Long-Cook Mechanics); *Food Science Core* §1.

### 3 Harvest Bag Juice (Before Sear)

1. Pull bags from the bath. If not serving immediately, ice-bath the bags for 20 minutes then refrigerate. You can hold cooked ribs at 4 °C for up to 48 hours before sear-and-serve.
2. When ready to serve: snip a corner of each bag over a fine-mesh strainer lined with cheesecloth, positioned over a wide shallow container. Let the juice drain out completely. Discard spent aromatics.
3. You will collect roughly 50 ml of juice per rib — 400 ml total from 8 ribs.
4. For the  bag-juice demi-glace harvest: transfer the strained juice to a shallow container. Refrigerate overnight. Fat will rise and solidify on top — skim it off and save for searing other proteins. The remaining jelly is natural demi-glace. Transfer to ice cube trays. Freeze. Each 30 ml cube is enough pan sauce for 2 servings. 400 ml yields 12–13 cubes — roughly 2 months of weeknight pan sauces from a single 48 h cook.
5. Keep the ribs separate and warm (or at room temp briefly) while you harvest — they sear better slightly above fridge cold anyway.

#### WHY THIS WORKS

The juice that collects in a 48-hour sous vide bag is not like conventional drippings. It contains concentrated myoglobin, the full load of gelatin released from collagen conversion, rendered intramuscular fat, and the trace aromatics from the bag additions. At 4 °C overnight, the gelatin sets (3–5 percent gelatin content is enough to produce a firm jelly). The result is functionally identical to a demi-glace made from bones reduced for 12 hours — but it comes free with the main course cook. Reference: Sauces and Condiments §6 (Pan Sauce Mastery) — the SV bag-juice substitute for pan fond.

#### 4 Sear to Finish (Cast Iron or Kamado)

1. Pat each rib BONE-DRY with paper towels. Surface moisture is the enemy of crust. Do not skip this.
2. (● Ice bath pre-sear option): Dunk ribs in an ice bath for 3–5 minutes. Pat dry again. The cold outer 5 mm buys you longer sear time before the interior temp rises. Thicker crust, zero gray band.
3. Heat cast iron over highest heat for 2–3 minutes. OR: kamado at 250 °C with direct heat (Pablo's preferred cross-technique workflow).
4. Add 2 tbsp neutral oil. Sear ribs fat-side first — 60–90 seconds. Do not move them. Flip to the meat side — 60–90 seconds. Flip to each end briefly if possible — 30 seconds each.
5. (● Spanish variant): In the last 30 seconds, brush each rib with the pimentón–sherry lacquer (2 tbsp Vinagre de Jerez Reserva + 1 tbsp honey + 1 tsp Pimentón de la Vera dulce DOP). The lacquer builds a glossy Spanish-accented glaze on top of the Maillard crust.
6. (● Kamado finish option): Transfer to the kamado for the last 2–3 minutes with a cherry or apple fruitwood splinter on the coals. Subtle smoke dimension, grate marks, and the signature outdoor-fire character that elevates the plate.
7. Rest on a warm plate for 2–5 minutes. Short ribs do not need long rest — the SV bath has already brought them to equilibrium, so juices are distributed. Just enough rest to set the crust.
8. Plate bone-in, Maldon salt on top, fresh-cracked black pepper, optional parsley. Serve with accompanying pan sauce built from the bag-juice demi-glace.

##### WHY THIS WORKS

The 48 h cook produces a protein that is cooked throughout (pasteurized, collagen partially converted, structurally stable) but visually unappealing — pale gray, uniformly limp. The sear is purely a visual and textural finish. Because the interior is already at 57 °C and cannot absorb more heat without active cooking time, the brief 60–90 second sear develops crust without overcooking. The ice-bath pre-sear trick (●) exploits this by temporarily dropping the outer 5 mm to near-freezing, which gives you 60 more seconds of sear time before heat penetrates. Result: deeper crust, cleaner internal cross-section. Reference: *Sous Vide Mastery* §5 (Post-Bath Sear); *Food Science Core* §4 (Maillard).

QUICK REFERENCE

# Timing Cheat Sheet

STEP	TIME	CUE
Dry brine in fridge	24 h passive	Surface dry, salt penetrated, meat firm
Preheat bath	20-30 min	Stable at 57 °C, bath covered
Vacuum bag + submerge	5 min	2 ribs + aromatics per bag, fully submerged
48 h bath (passive)	48 h	Top up water at 12 and 36 h, verify temp
Ice bath pre-sear (●)	3-5 min	Outer 5 mm cold, center still 57 °C
Pat dry obsessively	2 min	Bone-dry — surface moisture kills the sear
Sear cast iron or kamado	90 sec per side	Deep mahogany crust, do not move during sear
Lacquer finish (●)	Last 30 sec	Pimentón-sherry brush, glossy Spanish glaze
Rest on warm plate	2-5 min	SV meat does not need long rest — just crust-set
Harvest bag juice + freeze cubes (●)	10 min same-day + overnight chill	Strained juice gels into demi-glaze; 12+ cubes total

## Emergency Protocols

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### BAG FLOATED MID-COOK, PARTIALLY SURFACED FOR HOURS

If surfaced for under 2 h, the submerged portion is still safe and the meat continues converting. Push back under with a weight. If surfaced for 2+ h and the top was exposed to air, pasteurization may be compromised on that side — pull the bag, resubmerge for an additional 4 h at 57 °C to re-pasteurize the surface.

### BATH TEMPERATURE DROPPED DURING COOK (CIRCULATOR OFF, POWER OUTAGE)

If temp dropped below 54 °C for more than 2 h, pasteurization is not guaranteed. Extend the cook by 8 h at 57 °C when power returns, verify with probe thermometer. If temp dropped below 40 °C for more than 2 h, discard — bacteria have had time to reproduce.

### RIBS FEEL MUSHY WHEN PULLED FROM BATH

Over-cooked — likely past 72 h or temperature ran too high. Cannot undo. Serve as a shredded sandwich filling (like Texas-style beef chili) or rescue as tacos with bright pickled onion + cilantro to offset the soft texture. Next time: stay at 48 h, verify bath temp is 57 °C not 60 °C.

### SEAR HAS WEAK CRUST, PALE BROWN NOT MAHOGANY

Pan was not hot enough OR surface was not dry enough. Pull ribs, crank pan higher (or give kamado 5 more min to heat), pat ribs dry AGAIN on fresh paper towels, return to pan. At the right heat with dry surface, crust builds in 60 sec.

### BAG JUICE IS CLOUDY / OFF-COLOR

Normal. Beef bag juice ranges from amber-red (typical) to slightly cloudy (higher fat render). Both are edible and make good demi-glace. Only concern is an off smell — sour, ammonia, or cheesy notes indicate contamination. Discard if smells off.

### SEAL FAILED DURING COOK (WATER IN BAG)

Remove immediately. If fewer than 4 h into the cook: pat dry, re-bag with a double seal, restart the 48 h timer. If more than 24 h in: meat is likely pasteurized and salvageable — pat dry, rebag for remaining time, note this rib may cook unevenly compared to the others.

 **NO FRUITWOOD AVAILABLE FOR  KAMADO FINISH**

Skip the wood. Kamado at 250 °C with charcoal alone still produces a better sear than cast iron because of the radiant heat uniformity. Fruitwood adds a subtle smoke note but is not essential.

 **BAG JUICE GELLED BUT TASTES BLAND**

Not enough seasoning in the original bag. For rescue: warm the jelly in a saucepan, add a splash of sherry vinegar and 1 clove smashed garlic, reduce 5 min. Re-chill. It will re-gel and now have more dimension. Next time: add 1 tsp salt + extra aromatics per bag.

**DEEP DIVES**

## Technique Notes

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### **Universal: 57 Degrees for 48 Hours Is the Whole Recipe**

**SOUS VIDE FUNDAMENTALS · UNIVERSAL**

The magic outcome of this dish comes entirely from the time-temperature combination: 57 °C held for 48 hours. Lower temperature (55 °C) does not convert enough collagen. Higher temperature (60 °C) over-cooks the meat. Shorter time (24 h) leaves the meat firm and less gelatinous. Longer time (72 h) makes it mushy. The narrow window is the recipe. Everything else — salt, aromatics, sear, sauce — is supporting the protocol. Memorize these two numbers. Reference: *Sous Vide Mastery* §4 (Long-Cook Calibration Tables).

### **Universal: Obsessive Surface Drying Before Sear**

**SEAR PREP · UNIVERSAL**

Water on the surface of a sous vide protein is the single biggest enemy of crust formation. Water evaporates at 100 °C, which is below the 140 °C threshold required for the Maillard reaction. As long as surface water remains, the surface temperature is capped at 100 °C and no browning can occur. Pat the protein obsessively dry with paper towels — multiple times if needed. If it still feels slightly wet after patting, blot again with fresh paper towels. Only when the surface feels dry to the touch is the protein ready for the pan. This is a 60-second step that makes or breaks the final crust. Reference: *Food Science Core* §4 (Maillard Reaction); *Sous Vide Mastery* §5 (Post-Bath Sear).

## ● Universal: The Bag Juice Is Pure Demi-Glace

BYPRODUCT HARVEST • UNIVERSAL

The liquid that collects in a sous vide bag during a long cook is concentrated beef extract — gelatin from collagen conversion, myoglobin, rendered fat, aromatic compounds. When chilled, it gels firmly due to the 3–5 percent gelatin content. This is functionally identical to demi-glace made by reducing beef bones for 12 hours. Treat it as such: strain, chill overnight, skim fat, portion into ice cube trays, freeze. Each 30 ml cube equals the pan-sauce base for two servings. A single 48 h short rib cook yields approximately 12 cubes — two months of pan sauces. Never discard sous vide bag juice from a long cook. Reference: Sauces and Condiments §6 (Pan Sauce Mastery).

## ● No Limits: The Ice Bath Pre-Sear Trick

SEAR OPTIMIZATION • COMPETITION TECHNIQUE • EXTENDS SEAR PHASE

For the cleanest possible crust with zero gray-band ring, dunk the pulled-from-bath ribs in an ice bath for 3–5 minutes before patting dry and searing. The cold water drops the outer 5 mm of the protein to near-freezing while the interior stays at 57 °C. When this cooled-outside, warm-inside rib hits the screaming pan, the exterior takes longer to heat past the Maillard threshold — giving you more time to develop crust before the interior rises above medium-rare. Result: a noticeably thicker, darker, more uniform crust with zero visible gray band below. This is the trick competition cooks use. Costs 5 minutes and delivers a measurably better plate. Reference: Sous Vide Mastery §5 (Advanced Sear Techniques).

## ● No Limits: Pimentón-Sherry Lacquer Finish

FLAVOR • SPANISH FIRE-FINISH • EXTENDS SEAR

After the primary sear on cast iron, move the ribs to the kamado at 250 °C for a final 2–3 minute treatment with a pimentón-sherry lacquer. Formula: 2 tbsp Vinagre de Jerez Reserva + 1 tbsp honey + 1 tsp Pimentón de la Vera dulce DOP + 1 smashed garlic clove, mixed and rested 30 min for the pimentón to bloom in the vinegar. Brush the lacquer onto the ribs during the last 30 seconds of the kamado phase. The kamado's radiant heat caramelizes the honey, deepens the pimentón color, and adds a glossy Spanish-accented finish to the French-influenced sous vide base. Pablo's signature move — the cross-technique bridge between technique precision and cultural identity. Reference: Kamado Mastery §5; Sauces and Condiments §9 (Gastriques + Lacquers).

## No Limits: Hold-and-Regenerate for Dinner Parties

SERVICE SCHEDULING • DINNER PARTY • EXTENDS COOK SCHEDULE

The 48 h cook fits Thursday–start–to–Saturday–serve naturally, but you can decouple the cook from service entirely. After 48 h at 57 °C: pull the bags, ice–bath 20 minutes to arrest the cook, refrigerate up to 48 hours more. At service: submerge the bags back in a 57 °C bath for 30 minutes to regenerate to serving temperature. Then proceed to harvest–and–sear as normal. This decoupling lets you do the 48 h cook on a schedule convenient to the week — Thursday to Saturday, Tuesday to Thursday — and serve on a separate day when your dinner party lands. For a Sunday dinner: start the cook Thursday evening, done Saturday evening, chill overnight, regenerate + sear Sunday at dinner prep. The guests experience a 4–minute sear; you experienced a 48–hour technique. Reference: Dinner Party Orchestration §3; Sous Vide Mastery §5 (Hold Protocols).

### PAIRING

## What to Drink

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### Wine — Everyday

Rioja Reserva (Tempranillo–based, 3+ years oak)

*Short ribs are rich and intense; Rioja Reserva's structured tannins and cherry–leather notes handle that weight. The oak integration mirrors the kamado/sear char character. A \$25–40 bottle is the classic everyday choice for this cook.*


### Wine — No Limits

Ribera del Duero Reserva or Bordeaux Left Bank Cru Bourgeois (5+ years)

*Darker, more structured wines match the full intensity of 48 h short ribs. Ribera brings denser fruit and more Spanish character; Bordeaux brings Cabernet–dominant structure with cassis and tobacco depth. Either holds up through a multi–course dinner where short ribs are the main.*

### **Spanish Sherry**

Oloroso sherry (dry, aged 10+ years)

*For the  pimentón–sherry lacquer variant — oloroso's nutty oxidative character parallels the sherry vinegar in the lacquer and provides a culturally coherent pairing. Small pours, chilled, in white wine glasses. A Spanish-forward dinner party served with oloroso from start to finish.*

### **Robust Alternative**

Belgian Trappist Dubbel or Spanish Estrella Damm Inedit

*For casual outdoor dinners where wine would feel overwrought. Dark malty beer with moderate sweetness balances the ribs' richness; Spanish Inedit (modernist–chef–designed) pairs with complex food better than most beers.*

## CONTEXT

# Menu Ideas

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### **As Main Course (dinner for 4)**

Start with something light and bright — swordfish ceviche (UMAMI-2 #1) or beef tartare as the opposite-register opener. Short ribs as centerpiece, served bone-in with a bag-juice pan sauce drizzled over. Side: charred leeks with romesco (UMAMI-9 pattern) or creamy potato purée. Finish with fruit or a simple dessert.

### **As Event Centerpiece (dinner for 8–10)**

Scale to 16 ribs. Run two 48 h cooks in parallel in a single bath (20 L container + 2 kg ribs fits). Sear in batches on the kamado during the cocktail hour — the sear becomes the dinner's opening theater. Pair with Rioja Reserva or Bordeaux. The bag juice harvest alone provides pan sauce for the next month of cooking.

### **As Deconstructed Leftover Lunch**

Day-after: shred remaining rib meat, warm gently with bag-juice gravy, pile on grilled sourdough (UMAMI-10 #1) with a quick pickle of red onion. The lunch is better than many dinners.

## Pablo-Specific Integration

This recipe integrates 4 already-shipped UMAMI pipelines: UMAMI-3 (SV core), UMAMI-6 (kamado finish via ●), UMAMI-9 (sherry-pimentón lacquer — similar to romesco-family acid-sweet), UMAMI-10 (sourdough for leftover lunch). The ● bag-juice demi-glace protocol integrates forward with every future UMAMI-4 pan sauce recipe — one 48 h cook fuels two months of pan sauces. Highest infrastructure-ROI recipe in the collection so far.

### YOUR NOTES

## Cook Log

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### Session Notes

Date: \_\_\_\_\_ · Serves: \_\_\_\_ · Rating: \_\_ / 5

*Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.*



Stop following recipes. Start understanding food.

