

SHORT RIBS WITH CHICKPEAS AND CHARD

(published with permission from Aleksandra Crapanzano, recipe from The London Cookbook).

1 tablespoon sea salt
1 tablespoon ground cumin
1 tablespoon ground caraway
1 tablespoon ground coriander
1 tablespoon smoked paprika
4 pounds bone-in beef short ribs
3 tablespoons vegetable oil
2 yellow onions, thinly sliced
6 cloves garlic, peeled and halved
1 bunch Swiss chard, stems removed, leaves coarsely chopped
2 cups cooked chickpeas
6 cups chicken stock
Salt and pepper, to taste
2 lemons
1 cup labneh or full-fat Greek yogurt

Combine the salt, cumin, caraway, coriander, and paprika. Sprinkle half of the spice mixture over the ribs. Cover loosely with plastic wrap and refrigerate overnight. The next day, pat the ribs dry with paper towels.

Heat the oil in a large sauté pan. Add the ribs and cook for 2 to 3 minutes on each side, until golden brown. If your pan is on the small side, work in batches so as not to overcrowd the pan. Transfer the ribs to a plate, leaving the oil behind. Add the onions to the pan and sauté over a medium-low heat until they are soft and nearly translucent. Stir in the garlic followed by the chard and the remaining spice mixture. Stir and cook for 5 minutes longer. Add the short ribs and chickpeas, pour in the stock, and bring to a boil. Skim any foam that floats to the surface and then lower the heat, partially cover, and simmer for 2 to 3 hours, basting occasionally.

The ribs are done when the sauce has thickened and the meat pulls away from the bone. Season with salt and pepper and the juice of 1 lemon. If you have labneh, use it. Otherwise, vigorously whip the yogurt and olive oil together with a fork. Season to taste. Serve the stew with a dollop of labneh and a wedge of lemon.