


Slow-Cooked Red Wine Braised Beef Short Ribs With Herbed Polenta Toast

Fall off the bone Short Ribs made even more crave-worthy with a rich red wine sauce. An herbed polenta toast offers a unique flavor and textural accompaniment.

INGREDIENTS

3 pounds beef Chuck Short Ribs Boneless or Bone-In (about 4 x 2-inch pieces)
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6.50 Hours	6 Servings	42 Cal	42g Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible][illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 teaspoon freshly ground black pepper

2 teaspoons olive oil

[illegible]

[illegible]

1 cup dry red wine

[illegible]

[illegible]

2 cups diced onions

[illegible]

[illegible]

1 cup diced celery

1 cup diced celery

1 cup diced celery

1 cup diced carrot

[illegible]

4 cups Roasted Beef Stock, divided

[illegible]

[illegible]

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15 fresh thyme sprigs

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

3/4 cup instant polenta

1/2 teaspoon minced fresh rosemary leaves

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1/2 teaspoon minced fresh thyme leaves

3 green onions, green part only, cut diagonally into 1/8-inch strips

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[illegible]

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COOKING

1. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. Heat large skillet over medium-high heat until hot; coat with cooking spray. Brown half ribs evenly, about 4 to 5 minutes per side; remove from skillet. Repeat remaining ribs; remove ribs from skillet. Reduce heat to low; add wine. Cook 1 to 2 minutes until browned bits attached to skillet are dissolved.

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Line 8 by 8-inch baking dish with aluminum foil. Coat with cooking spray. Pour polenta into prepared dish, spreading evenly. Cover and refrigerate until cool.

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545. Place green onions in small bowl of ice water. Cover; refrigerate until ready to use.

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953. Place 2 polenta triangles into each of four large shallow bowls; top with ribs. Pour 1/3 cup cooking liquid over ribs. Drain green onions from water. Garnish with green onion and shoestring potatoes, as desired.

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1048. Place 2 polenta triangles into each of four large shallow bowls; top with ribs. Pour $\frac{1}{3}$ cup cooking liquid over ribs. Drain green onions from water. Garnish with green onion and shoestring potatoes, as desired.

1050. Place 2 polenta triangles into each of four large shallow bowls; top with ribs. Pour 1/3 cup cooking liquid over ribs. Drain green onions from water. Garnish with green onion and shoestring potatoes, as desired.

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1089. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1100. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl.

Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1101. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1102. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1104. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1105. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1106. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive

oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1107. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1108. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1109. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1110. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1111. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1112. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker.

Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1113. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1114. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1115. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1116. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1117. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1118. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes

on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1119. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1120. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1121. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1122. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1123. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1124. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and

rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1125. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1126. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1127. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1128. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1129. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1130. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high

altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1131. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1132. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1133. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1134. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1135. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1136. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the

manufacturer's instructions.)

1137. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1138. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1139. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1140. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1141. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1142. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1143. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1144. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1145. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1146. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1147. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1148. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1149. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1150. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1151. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1152. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1153. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1154. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1156. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1158. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1159. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1160. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1161. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1162. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1183. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1184. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1185. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1186. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1189. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1190. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1192. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1193. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1194. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1195. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1196. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1197. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1198. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1199. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1200. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1201. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1202. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1203. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1204. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1205. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1206. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1207. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1208. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1209. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1210. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1211. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1212. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1213. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1214. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1215. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1216. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1217. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1218. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1219. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)


1220. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1221. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1222. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1223. This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		34g	142mg		29g	42g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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