

Created by: Debra C. Argen

Fernando Pulido Recipes - Blanca Blue Restaurant and Lounge, Puerto Vallarta, Mexico



Chef Fernando Pulido of [Blanca Blue Restaurant & Lounge at Garza Blanca Preserve Resort & Spa](#) in [Puerto Vallarta, Jalisco, Mexico](#) graciously shares a delicious taste of the restaurant with his recipe for **Braised Short Ribs (Costilla De Res Cargada)**.

We met Chef Fernando Pulido during a trip to Puerto Vallarta at the end of April 2014, while having dinner at the restaurant, Blanca Blue Restaurant & Lounge. We had the Braised Short Ribs "Costilla De Res Cargada," which were so delicious that we asked the chef for the recipe. Chef Fernando Pulido graciously shares a delicious taste of the restaurant until you can visit Puerto Vallarta.



Chef Fernando Pulido

Menu

Chef Fernando Pulido

Blanca Blue Restaurant & Lounge at Garza Blanca Resort & Spa

Braised Short Ribs "Costilla De Res Cargada"

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Braised Short Ribs "Costilla De Res Cargada"

Ingredients:

2.40

Grams

Short Ribs

0.40

Grams

Sweet Potato

0.40

Grams

Asparagus

0.60

Grams

Bermuda (Red) Onion

0.60

Grams

Heavy Cream

0.20

Grams

Butter

0.03

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Grams

Ginger

0.03

Grams

Maple Syrup

0.06

Grams

Carrots

0.15

Grams

White Onion

0.18

Grams

Celery

0.18

Grams

Veal Stock

0.20

Grams

Grape Juice

0.25

Grams

Red Wine

0.02

Grams

Bay Leaf

0.02

Grams

Black Pepper

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0.50

Grams

Tamarind Paste

0.02

Grams

Thyme

0.02

Grams

Parsley

0.10

Grams

Tomato

0.20

Grams

Cocoa Powder

0.10

Grams

5 Spice Powder

Method for the Meat: Season the meat with salt, pepper, 5 Spice Powder, and cocoa powder, sear meat on all sides and reserve.

In a separate pot, add the onion, celery, caramelize with the tamarind paste, and deglaze with the red wine and grape juice to lower the amount of alcohol in the red wine. Add the veal stock and the meat, season with salt and cook over a low heat for 8 hours.

Method for the Pureé: Wash, peel, and cut the sweet potato, and cook with the ginger and the milk, just under the boiling point until potatoes are tender. Pureé the potatoes and season with salt and maple syrup.

Method for the Sauce: Remove the meat from the pan, remove the fat from the top, and cook the liquids until reduced by half. Check seasonings and keep warm.

Method for the Garnishes: Cut the onion into round slices (1 cm thick), season with salt and pepper and grill, and do the same with the asparagus tips.

Plating Presentation: Arrange a generous dollop of puree on a plate, place the meat on the puree, and garnish with the onion and asparagus tips.

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Chef Fernando Pulido

Buen provecho (Bon Appetit!) from Chef Fernando Pulido!

Blanca Blue Restaurant & Lounge is open daily and serves Breakfast, Lunch, and Dinner.



Blanca Blue Restaurant & Lounge

Read about our dining experience at **Blanca Blue Restaurant & Lounge** in the **Restaurants** section.

Blanca Blue Restaurant & Lounge at Garza Blanca Preserve Resort & Spa
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