

Accidentallocavore®

Dear Friend,

If you're a lover of short ribs, you've probably tried a bunch of recipes for them. This week, I tweaked one of my favorites for that trendiest of appliances, [the Insta-Pot](#).

Not to worry, if you haven't been conned into buying an Insta-Pot, here's [the link to the original recipe](#).

[The October calendar](#) features some of the most beautiful shallots. What's your favorite use for them?

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they [can sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



Insta-Pot Short Ribs Braised in Guinness

Short ribs are a great winter food and I've worked and eaten my way through a lot of short rib recipes.

This one from Gordon Hammersley's *Bistro Cooking at Home* has become my go-to recipe and I recently decided to use my Insta-Pot for it.

[Insta-Pot Ribs:](#)



October Calendar

I saw this gorgeous pile of shallots in the farmers' market in Maine and thought they deserved to be October's calendar.

[Download the Calendar](#) and right click to make it your desktop wallpaper.

Calendar

Accidental Locavore *Live!*

We were talking with Dallas Gilpin, one of the owners of [the Dutch Ale House](#) in Saugerties. Find out how she and her husband ended up restauranteurs and what's on the menu for HV Restaurant Week.

It's been 2 great years with Pawling Public Radio and time to move on. My show on October 29th will be my last. To complete the cycle, my guest will be the first guest I had, Janet Irizarry of [Hudson Valley Eats](#).

Tune in at 5:00 EDT Mondays. www.pawlingpublicradio.org or listen anytime on [our homepage](#).