

BRAISED TERIYAKI SHORT RIBS

F MEDIUM

Last Modified: 08/06/2014

PREP: 1 Hr
COOK: 4 Hrs
OVEN: 325

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Short Ribs (English Cut)	Trimmed
1	Recipe	Teriyaki Sauce & Marinade	
OR			
1/2	21 Oz	Bottle Teriyaki Sauce / Marinade (Soy Vai Veri Veri)	
1	10 1/2 Oz	Can Beef Stock (Swanson)	
2	Tbsp	Garlic	Minced
1	Medium	Red Onion	Slivered
1	Medium	Carrot	Fine Dice
1	Small	Daikon Radish	Fine Dice
1	Bunch	Fresh Spinach	Washed
4	Tbsp	Olive Oil	Divided
5	Tbsp	Salted Butter	Divided
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

SHORT RIB FACTOID	<p>There are many "different" Beef Short Rib cuts available for you from the 13 Ribs a Beef Steer has. The first (Front) Ribs 1 ~ 5 become the Chuck. Ribs 6 ~ 12 are where the Short Ribs come from. The first 1/3 (Upper) cut becomes the Prime Rib cut. The middle cut becomes Short Ribs. The meatiest and largest boned Short Ribs come with a nice thin layer of fat on the top.</p> <p>Ribs 6, 7 & 8 and are the ones you want to purchase. There should be a thick layer of mostly lean and well marbled meat on top of each Wide Rib Bone. There are two general Short Rib cuts:</p> <p>#1) Flank-In Style: Where there will be the ends of 3 to 4 different Rib Bones sticking out along the side of each cut.</p> <p>#2) English Style: Where there is a single Rib Bone running the length of each cut. English Style Cuts from Ribs 6, 7 & 8 are what you are searching for to purchase for making this dish (See Picture).</p>
TOOLS	<ol style="list-style-type: none"> 1) Dutch Oven & Lid 2) Gravy Separator 3) Medium Non-Stick Skillet & Lid 4) Small Saucepan
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Preheat the oven to 325 degrees with a rack in the lowest position. 2) If the Ribs are not already separated, cut them apart evenly and set them aside. 3) Mince the Garlic Cloves and set them aside. 4) Thinly Sliver the Red Onion and set them aside. 5) Finely Dice the Carrot and add it on top of the Onion. 6) Finely Dice the Daikon Radish and add it on top of the Onion.
1	Pat the Short Ribs dry and season them generously with Salt and Pepper on all sides.

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2	Heat 2 tablespoons of Butter and 3 tablespoons of Olive Oil in a large Dutch oven over medium high heat. Brown the Ribs on all sides - do in batches as necessary. Remove the Ribs and set them aside. Remove all but 3 tablespoons of the liquid remaining in the Dutch oven. Add in the Garlic and stir until softened.
FACTOID	Remember, we are Braising here and NOT Boiling. You want the liquid in the Dutch oven to submerge <u>ONLY</u> the lower third of the Short Ribs
3	Add the reserved Short Ribs back in, pour the Beef Stock and Teriyaki Sauce over the top and bring it to a simmer. Cook for about 10 minutes, turning the Meat over about halfway through. Cover and place the Dutch oven in the oven - braise for 2 hours. Turning the Meat over after 1 hour.
4	Meanwhile, in a skillet over medium heat, Add in a tablespoon each of Butter and Olive Oil and as soon as the Butter melts, add in the Red Onions, Carrot and Radish, Stir-Fry until softened, about 5 minutes.
5	Using a slotted spoon, remove the cooked Vegetables leaving behind the cooking liquid and stir them into the dutch oven. Cover and return the Dutch oven to the oven.
6	Braise the Ribs until fall apart tender, about 1 hour more.
7	Meanwhile, in the same skillet over low heat, add in the Spinach, stir to coat. Cover and cook until the Spinach wilts, about 3 minutes.
8	Pour the Braising Liquid into a Gravy Separator, skim off & discard the fat. Place the liquid in a small saucepan over medium heat and simmer the liquid (skimming the fat as necessary) until it thickens, about 10 minutes. Lightly whisk in the remaining 1 tablespoon of Butter to make the Glaze shiny. Taste for seasoning and adjust.
SERVE	On a heated dinner plate, add a thin bed of thickened Braising Sauce, place the braised Ribs centered in the Sauce and ladle a bit more of the Braising Sauce over the top. Arrange a bit of Spinach on each side of the Ribs. Serve while hot.