



GLAZED SHORT RIBS



Day Before: Place Tenleytown Meat in refrigerator to defrost for 24 hours. Bring to room temperature before cooking.

Prep Time: **20 minutes** Cook Time: **3 hours**

2.5 - 3 lbs Tenleytown Meat Company **Short Ribs (optional - add stew meat)**

kosher salt

1 **onion**, chopped

2 **carrots**, chopped

1 cup low-salt **beef stock** or **water**

Ginger Sauce

1 tablespoon **cornstarch**

3 tablespoons **sugar**

1/4 teaspoon **salt**

2 tablespoons **rice wine vinegar**

1 tablespoon **soy sauce**

1 tablespoon **peanut oil** or **vegetable oil**

2 **garlic cloves**, minced

1 inch-piece **ginger**, very finely chopped

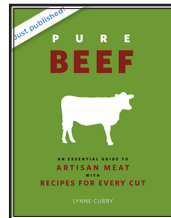
1 teaspoon **toasted sesame oil**

Preheat the oven to 300 degrees F. Trim **excess fat** from the exterior of **short ribs** and season liberally with the **kosher salt**. Put them into a roasting pan or baking dish that fits them **snuggly** in a single layer. Scatter the **onion** and **carrot** over the ribs and pour in the **stock**. Cover the baking dish and bake until the ribs are fork tender, **2 - 2.5 hours**. Remove the short ribs from the cooking liquid and discard it.

To make the **ginger sauce**, whisk together the **cornstarch**, **sugar**, **salt**, **vinegar**, and **soy sauce** with **1/4 cup water** in a small bowl until smooth. Set it aside. Heat the **oil** in a small saucepan over **medium heat**. Add the **garlic** and **ginger** and stir until fragrant, about 30 seconds. Add the **cornstarch** mixture and whisk while it comes to a boil. Cook for 1 minute until the sauce becomes very thick. Remove the pan from the heat and stir in the **sesame oil**. (You can prepare the short ribs and glaze up to this point in advance, trim the meat from the bones while still warm and cut into cubes to sauce and glaze in the oven the following day.)

Raise the **oven** temperature to **425 degrees F**. Spread the **ginger sauce** over the short ribs to coat them completely. Roast until they are glossy all over and browning at their edges, turning once, **15 to 20 minutes**. Alternatively, preheat a charcoal or gas **grill** for high heat, scrape grate clean and oil lightly. Cook the glazed short ribs until they brown, turning 1-2 times, **4-5 minutes** total.

makes 3-4 servings



Recipe courtesy of Pure Beef by Lynne Curry. "An essential guide to artisan meat with recipes for every cut."

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