

Korean Braised Short Ribs



From the kitchen of:

Luke

 Part of the Haven Life family since May, 2019



You'll need:

4 pounds boneless beef short ribs cut into large 2-inch pieces

Kosher salt to season

2 tablespoons extra-virgin olive oil

1 large onion, chopped

8 garlic cloves, crushed

1 2" piece ginger, peeled, sliced into thin slices

2 cups port wine or a full bodied red wine you like to drink

½ cup mirin (sweet Japanese rice wine) (can be omitted if using port wine)

⅓ cup soy sauce

¼ cup (packed) light brown sugar

8 ounces of daikon radish or carrots if no radish available (about 8 oz.), peeled, cut into 1"

Red pepper flakes

Note: This hearty serving will feed about 5-6 people

How it's done:

Season the short ribs generously with kosher salt on all sides. Then sear them in a large pot (Luke prefers a Dutch oven) on all sides to get a golden brown crust. Don't put too much meat all at once and overcrowd the pan. Think social distancing. Everyone needs some room to breathe. Do it in small batches to ensure a proper crust is developed. Take out the meat and reserve it in a bowl for later. This is the most labor intensive part.

Check how much fat is in the pot that you seared the meat. Take out everything besides 2 tbsp (-ish) of oil. Add the onion, garlic and ginger to the pot that you used to sear the meats, stirring frequently until it's aromatic.

Add the wine and boil for about 6-8 minutes to burn off the alcohol. Then add the mirin, soy sauce, brown sugar and 2 cups of water.

Put the ribs back into the pot and nestle them in the liquids. Bring to a boil on high heat then bring it down to a simmer with the lid on. This will go for about 3 hours. Stirring occasionally to prevent burning on the bottom.

About 45 minutes before the meat is done add in the radish or carrots to the pot.

The end result is a super tender and juicy meat in a sweet and savory sauce that goes great with steamed rice and some simply prepared vegetables. Or serve it however you like. Maybe a piece of toast and a glass of wine? A piece of naan? The sky's the limit, and really, it's whatever is in your pantry. You just need something to soak up the sauce.

P.S. If you like spice, Luke recommends adding a pinch of Korean pepper flakes or just regular red pepper flakes in with the ginger and garlic.

