

DEVON COOKERY SCHOOL

Soy Braised Short Ribs

Serves 2 (Generously)

1kg beef short ribs
1 carrot, cut into chunks
6 shitake mushrooms/soaked and halved (reserve the mushroom broth)
Salt

Marinade/ Braising liquid

100ml light soy
2 tbsp honey
2 tbsp light brown sugar
3 tbsp mirin or rice wine
1 pear (optional), chopped
1 onion, chopped
4 cloves garlic
40g ginger, peeled
½ tsp black pepper
2 tbsp sesame oil
1 star anise
1 cinnamon stick

Method

1. Trim off any excess fat. Rinse the ribs and let them sit in cold water for about 30 minutes to draw out excess blood. Drain and dry.
2. Heat a large pot (preferably the one you will braise this in) oil and season your short ribs and brown them off. And I mean BROWN! Do not overcrowd the pan, you can do this in batches.
3. Blitz together all the braising liquid ingredients in a food processor (Do not blitz the star anise and cinnamon). Return the ribs to the pot. Pour the braising liquid over the meat, add the cinnamon and star anise, and stir. (You can prepare the ribs up to this point the day before, and finish braising when you need to serve.)
4. Add 200ml of the mushroom broth (or beef stock if you have some) and then start to braise with the lid on. I had mine in the oven for about 5 hours on 160C until the meat was falling off the bone. Alternatively, you can use a slow cooker. You may want to reduce the liquid on a higher heat on the hob before serving to make it a little thicker. Add the carrot about an hour before serving so that they don't go mushy!
5. I like to serve this with some steamed Pak Choi and Jasmine rice, but it is very versatile and will work well with noodles and other stir-fried veg.