

# 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

<b>SHORT RIB FACTOID</b>	<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 &amp; 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><b>#1) Flank-In Style:</b> Where there will be the ends of 3 to 4 different Rib Bones sticking out along the side of each cut.</p> <p><b>#2) English Style:</b> Where there is a single Rib Bone running the length of each cut. English Style Cuts from Ribs 6, 7 &amp; 8 are what you are searching for to purchase for making this dish (See Picture).</p>
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Dutch Oven &amp; Lid</li> <li>2) Gravy Separator</li> <li>3) Medium Non-Stick Skillet &amp; Lid</li> <li>4) Small Saucepan</li> </ol>
<b>PREP</b>	<p><b>DISH</b></p> <ol style="list-style-type: none"> <li>1) Preheat the oven to 325 degrees with a rack in the lowest position.</li> <li>2) If the Ribs are not already separated, cut them apart evenly and set them aside.</li> <li>3) Mince the Garlic Cloves and set them aside.</li> <li>4) Thinly Sliver the Red Onion and set them aside.</li> <li>5) Finely Dice the Carrot and add it on top of the Onion.</li> <li>6) Finely Dice the Daikon Radish and add it on top of the Onion.</li> </ol>
<b>1</b>	Pat the Short Ribs dry and season them generously with Salt and Pepper on all sides.

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<b>2</b>	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.
<b>FACTOID</b>	Remember, we are Braising here and NOT Boiling. You want the liquid in the Dutch oven to submerge ONLY the lower third of the Short Ribs
<b>3</b>	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.
<b>4</b>	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.
<b>5</b>	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.
<b>6</b>	Braise the Ribs until fall apart tender, about 1 hour more.
<b>7</b>	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.
<b>8</b>	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.
<b>SERVE</b>	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.

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