



RECIPE

Braised Beef Ribs

Recipe Created For	Main Ingredient
Braiser	Beef
Cook Time	Serving Size
Over 2 hours	6-8

INGREDIENTS

- 6 lbs (2.7kg) beef short ribs (bone-in)
- to taste salt
- to taste black pepper
- 2 Tbsp (30ml) vegetable oil
- 2 medium onions, chopped
- 6 cloves garlic, chopped
- 5 ribs celery, chopped
- 3 carrots, chopped
- 2 Tbsp (30ml) tomato paste
- 1 Tbsp (15ml) coriander seeds
- 1 Tbsp (15ml) cumin seeds
- 2 tsp (10ml) red pepper flakes
- 3 Tbsp (45ml) orange zest
- 1 ½ cups (375ml) orange juice
- 6 cups (1 ½ L) water
- 2 limes, halved
- ¼ cup (60ml) cilantro, torn
- 1 Tbsp (15ml) sesame seeds, toasted

INSTRUCTIONS

1. Preheat the oven to 325°F (160°C).
2. Season short ribs with salt and pepper.
3. Heat oil in the Braiser. Working in batches, sear short ribs until evenly browned, about 5-7 minutes on each side. Transfer to a platter; pour off pan drippings between batches.
4. Place onions, garlic, celery, carrots, tomato paste, coriander seeds, cumin seeds, red pepper flakes in the Braiser; season with salt and pepper.
5. Increase heat to medium-high and cook, stirring often, until vegetables are softened, 10–12 minutes.
6. Add orange zest, orange juice, water to pot, scraping up any browned bits; season with salt and pepper. Add ribs with any juices accumulated on the platter, making sure they're completely submerged. Cover Braiser with the lid and braise in the oven until meat is tender and falling off the bone, 4–5 hours.
7. Carefully transfer ribs to a platter. Strain braising liquid into a large bowl, then return to pot. Bring to a boil, then reduce heat and simmer until reduced by half (it will be thickened but still saucy). Return short ribs to pot and turn to coat.

8. To serve, squeeze lime juice over, top with cilantro, sprinkle with sesame seeds.

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