



RECIPE

Rib Stir Fry

Recipe Created For	Main Ingredient
Wok, 3.1 L Chef's French Oven	Beef

Cook Time	Serving Size
Over 2 hours	4

INGREDIENTS

Marinade

- 1 Asian pear, cored and chopped
- 1 garlic clove, peeled and crushed
- 1 piece fresh ginger, about ½ inch (1 cm) thick, peeled
- 1 green onion, chopped
- ¼ cup (60 ml) soy sauce
- 3 tbsp (45 ml) mirin
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) brown sugar
- 1 tsp (5 ml) gochugaru (Korean chili flakes)
- 1 lb (450 g) beef short ribs, sliced between the bones into 2-inch (5 cm) pieces

Sauce

- 1/3 cup (75 ml) beef stock
- 1/3 cup (75 ml) water
- ¼ cup (60 ml) soy sauce
- 2 tbsp (30 ml) brown sugar
- 1 tbsp (15 ml) cornstarch
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) gochujang (Korean chili paste)
- 1 tbsp (15 ml) sesame seeds

Stir-Fry

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) sesame oil
- 3 green onions, cut into 2-inch (5 cm) pieces
- 1 tbsp (15 ml) fresh ginger, finely chopped
- 1 tbsp (15 ml) garlic, finely chopped
- ½ lb (225 g) carrots, thinly sliced on an angle
- ½ lb (225 g) Chinese broccoli, blanched and cut into 2-inch (5 cm) pieces
- ¼ lb (115 g) oyster mushrooms, chopped
- ½ lb (225 g) red cabbage, very thinly sliced
- ¼ lb (115 g) snow peas, trimmed
- Gochugaru (Korean chili flakes), to taste
- Sesame seeds, to taste

INSTRUCTIONS

Marinade

In a food processor or blender, combine all of the marinade ingredients, except for the ribs, and blend until smooth. Season with salt and pepper to taste.

Pour into a large resealable bag or glass dish and add the ribs. Toss well to coat. Seal bag or cover dish. Marinate in the refrigerator for at least 4 hours or overnight.

Sauce

In a bowl, whisk together the sauce ingredients. Set aside.

Stir-Fry

Drain the ribs from the marinade letting some of the excess drip off. Discard the marinade.

In the Wok, heat the vegetable and sesame oils over medium heat. Add the green onions, ginger and garlic. Cook, stirring constantly, for 30 seconds or until fragrant.

Add the ribs and cook until nicely browned on both sides and almost cooked through, about 3 to 4 minutes.

Add the carrots, Chinese broccoli and mushrooms. Season with salt and pepper. Cook, stirring constantly, until the vegetables are al dente, about 3 minutes.

Add the cabbage, snow peas and sauce to the wok. Bring to a simmer and cook until the sauce has thickened and the vegetables are crisp-tender, about 3 minutes. Adjust the seasoning.

Garnish with a few pinches of gochugaru and sesame seeds to taste. Serve with short grain white rice.

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