

Beef Short Ribs Four Ways



Serves: 3-4

Profitability:

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Ingredients:

Rib 1 - A Basic Braising

1kg ribs

1 onion, roughly chopped

1 stick celery

half leek

1 carrot

Beef stock

Reduced braising liquid or glaze

Rib 2 - BBQ Braised

1kg ribs

1 onion, roughly chopped

1 stick celery

half leek

1 carrot

100g ketchup

30g English mustard

5g onion powder

5g garlic powder

5g cujan seasoning

5g smoked paprika

5g hot paprika,

5g chilli flakes

5g dried oregano

Rib 3 - Stout Braised

1kg ribs

1 onion, roughly chopped

1 stick celery

half leek

1 carrot

Pint stout

Thyme

Garlic

Oregano

Rib 4 - Lemongrass Braised

1kg ribs

3-4 stalks lemongrass, bashed

1 orange, juice & zest

1 lemon, juice & zest

1 lime, juice & zest

1 chilli, roughly chopped

Soy sauce to taste

Fish sauce to taste

Sweet chilli sauce to taste

Steps:

Rib 1 A Basic Braising - In a hot frying pan seal the beef rib fat side down to make it golden brown. Remove from the pan

Add to the pan the onion, celery, leek and carrot, and cook until nicely caramelised

Place the rib in a suitable roasting tray. Add the veg and cover with beef stock. Cover with tin foil and cook for 20 minutes at 180c. Reduce the heat to 120c and cook for 1 hour

Check on the rib after an hour. The bone should just about be able to pull out - if not, keep cooking until it does. You do not want to remove the bone

Remove rib and allow to cool. Remove the veg from the braising liquid and reduce

Place the rib bone side down on the BBQ and brush the reduced braising liquid or glaze. Turn over and brush with more glaze

Keep turning and brushing the rib with glaze till rib is nice and warm and well covered with glaze

Rib 2 BBQ braised - In a hot frying pan seal the beef rib fat side down to make it golden brown. Remove from the pan

Add to the pan the onion, celery, leek and carrot, and cook until nicely caramelised

Add to the pan the onion, celery, leek and carrot, and cook until nicely caramelised and add the veg. Place the rib in a suitable roasting tray.

In a bowl mix together ketchup, mustard, onion powder, garlic powder, cujan seasoning, smoked paprika, hot paprika, chilli flakes and dried oregano. Taste to see if you need to add heat

Cover the rib and veg with the sauce and add water to make sure it is completely covered. Cover with tin foil and cook for 20 minutes at 180c

Reduce the heat to 120c and cook for a further 1 hour. If the bone pulls out it's fine - if not, keep cooking until it does. You do not want to remove the bone

Remove rib and allow to cool. Remove the veg from the braising liquid and reduce

Place the rib bone side down on the BBQ and brush the reduced braising liquid or glaze. Turn over and brush with more glaze and keep turning and brushing with glaze until it is warm and well covered with glaze

Rib 3 Stout Braised - In a hot frying pan seal the beef rib fat side down to make it golden brown. Remove from the pan

Add to the pan the onion, celery, leek and carrot, and cook until nicely caramelised

Add to the pan the onion, celery, leek and carrot, and cook until nicely caramelised

Place the rib in a suitable roasting tray and add the veg. Cover in a pint of stout. Add water if all isn't covered.

Add some thyme garlic and oregano. Cover with tin foil and cook for 20 minutes at 180c

Reduce the heat to 120c and cook for 1 hour. Check the bone is able to pull out - if not, keep cooking until it does. Do not remove the bone

Remove rib and allow to cool. Remove the veg from the braising liquid and reduce

Place the rib bone side down on the BBQ and brush the reduced braising liquid or glaze. Turn the rib over and brush with more glaze and keep turning and brushing with glaze until it is warm and well covered

Rib 4 Lemongrass Braised

In a very hot frying pan seal off the rib meat side down. Remove and place in a suitable sized roasting tray. Add lemongrass and zest and juice of orange, lemon and lime, and the chilli. Cover with tin foil and cook for 20 minutes on 180c

Reduce the heat to 120c and cook for 1 hour. If the bone is able to pull out it is ready, if not, keep cooking until it does. But don't remove the bone

Remove rib and allow to cool. Remove the veg from the braising liquid and reduce

Place the rib bone side down on the BBQ and brush with the reduced braising liquid or glaze. Turn over and brush with more glaze. Keep turning and brushing the rib with glaze until it is warm and well covered

For the sauce, once the liquid has been strained add soy sauce, fish sauce, sweet chilli sauce and reduce. Adjust the sauce to your taste

Serve with potato or green salad