

Aromatic braised beef short ribs

★★★★★ 5.0 | 1 rating



By Brin Pirathapan

Brin slowly cooks these beef short ribs in the oven until incredibly tender and falling off the bone. A little soy and gochujang enhances the sauce for a rich and delicious gravy.

Ingredients

4 beef short ribs
4 tbsp sunflower or vegetable oil
4 garlic cloves, finely chopped
2.5cm/1in fresh root ginger, peeled and finely chopped
2 onions, finely chopped
2 carrots, peeled and finely chopped
2 celery sticks, finely

Method

1. Season the beef all over with salt and pepper. Heat 2 tablespoons oil in a casserole or large ovenproof frying pan over a medium-high heat. Put the beef in the pan and sear until it forms a brown crust all over. Remove from the pan.
2. Heat the remaining oil in the pan and then add the garlic and ginger. Once fragrant, add the onion, carrot and celery. Cook until browned and softened.
3. Add the oyster sauce, soy sauce, gochujang and red wine. Cook over a high heat until the red wine is reduced by a third.
4. Preheat the oven to 160C/140C Fan/Gas 2½.

Prepare

Less than 30 mins

Cook

Over 2 hours

Serve

Serves 4

Dietary

Dairy-free | Egg-free

chopped
2 tbsp oyster sauce
2 tbsp soy sauce
2 tbsp gochujang paste
350ml/12fl oz red wine
500ml/18fl oz beef stock
2 star anise
2 tbsp cornflour, mixed
with 2 tbsp water to
make a slurry
salt and freshly ground
black pepper

To serve

2 spring onions, finely
sliced, to garnish
1 red chilli, finely sliced,
to garnish
handful salted peanuts,
chopped, to garnish

5. Add the stock and star anise then return the beef to the pan. Cover with a cartouche (a circle of baking paper sat directly on top of the food in the pan) and a lid. Cook in the oven for 3 hours.
6. Remove the beef from the pan and transfer to a baking tray. Increase the oven temperature to 220C/200C Fan/Gas 7.
7. Strain the cooking liquid from the pan into a saucepan. Drizzle the beef with a few tablespoons of this strained sauce then return the beef to the oven for 15 minutes.
8. Add the cornflour mixture to the strained sauce in the saucepan and cook over a medium–high heat until it reaches the desired consistency.
9. Garnish the beef with the spring onions, chilli and peanuts and serve with the sauce.

Recipe tips

The main role of the cartouche is to prevent any bits of beef drying out above the level of the cooking liquid. I still use a lid as I want to retain as much liquid as possible and it will form a great gravy!