

Sweet and Tangy Beef Short Ribs

Sometimes, good recipes can be found in the most unexpected places; we found this recipe lurking among the magazines littering our dentist's office. While a root canal is never pleasant, the thought of tender short ribs for dinner does help dull the pain.

This recipe originally appeared in [Cooking Light](#). We have adapted it and while it can no longer be considered a "light" dish, it's still damn tasty and faithful to the original.

This dish goes well with wide noodles or pan-fried potatoes and a hearty red wine.

Note: Though we have not tried it, we expect that this dish would work equally well with Dunhill Ranch lamb ribs.

Serves 2-4.

Ingredients

- 4 Tbs olive oil
- 3 pounds bone-in beef short ribs, trimmed
- ½ can Campbell's Beef Consommé or ¾ cup of beef stock
- ¼ cup soy sauce
- ¼ cup rice vinegar
- 2 Tbs grated peeled fresh ginger
- 2 Tbs brown sugar
- 2 Tbs Sriracha hot sauce
- 8 small garlic cloves, peeled and minced
- 1 (12-ounce) can cola
- 1 star anise or ¼ tsp anise extract
- 1 (4 x 1-inch) orange rind strip or ¼ tsp orange extract
- 4 cups (1-inch) diagonally cut carrots
- ¼ cup water
- 1 Tbs cornstarch
- 2 cups diagonally cut snow peas
- ¼ cup chopped fresh cilantro

Instructions

1. Heat a large skillet over medium-high heat. Add 2 Tbs oil; swirl to coat. Add half of beef to pan; cook 10 minutes, turning to brown on all sides. Remove beef from pan; place in a heavy oven-proof pot. Repeat procedure with remaining oil and beef. Discard grease when done.
2. Add stock and next 9 ingredients (through rind) to pot. Cover and cook in 200 degree oven for 6-8 hours or until beef is very tender. Carefully remove beef from pan; keep warm. Discard star anise and rind.

3. Skim fat from surface of cooking liquid; discard fat. Place pot on stove, bring to a simmer. Add carrots; cook 20 minutes or until carrots are almost done.
4. Combine $\frac{1}{4}$ cup water and cornstarch in a small jar and shake well. Add cornstarch mixture to pan; bring to a boil. Stir in peas; cook 2 minutes.
5. Place a section of short ribs in each of 4 shallow bowls. Ladle cup sauce and vegetables over each serving; sprinkle evenly with cilantro.