

Braised Short Ribs Recipe

Ingredients:

1 kg beef short ribs, meaty parts scored
2 litres water
8 dried Shiitake mushrooms, soaked for 10 minutes, squeezed dry and sliced, discard stems
2 medium carrots, cut into bite-size chunks
6 chestnuts, shelled
1-2 stoned dried red dates, sliced

Marinade:

105 ml light soy sauce
3 tablespoons sugar
2 tablespoons crushed garlic
1 tablespoon sesame oil
150 ml pineapple syrup or pear juice
2 tablespoons cooking wine
1 tablespoon ground black pepper
2 scallions, chopped

Method:

Soak ribs for 20 minutes. Change the water several times. Drain and trim off fat from ribs. Combine marinade ingredients and place ribs in to marinate for 1 hour. Place ribs in a heavy-based pot. Add water and cook over medium heat until ribs are tender. This will take about 30-40 minutes. Add mushrooms, carrots and chestnuts then reduce heat to simmer for about 20-30 minutes. Serve hot, garnished with red dates.

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