

Bulgogi-style Braised Short Ribs with Baby Bok Choy



THINKBEEF^{CA}

Braised Short Ribs with Baby Bok Choy

3 lb (1.5 kg) **Bone-in Beef Simmering Short Ribs**

Salt and freshly ground pepper

3 tbsp sesame oil, divided

1 whole head of garlic, separated into cloves and peeled

½ cup soy sauce

¼ cup packed brown sugar

3 tbsp minced fresh gingerroot

½ cup coarsely chopped green onions

2 tbsp rice vinegar or cider vinegar

2 cups water

1 tbsp cornstarch mixed with 1 tbsp cold water

5 baby Bok Choy, halved lengthwise

1. Season all over with salt and freshly ground pepper. Heat 2 tbsp oil over medium-high heat in large heavy pot; add beef and brown all over.

2. Combine garlic, soy sauce, brown sugar, gingerroot, onion, vinegar and water in 4 cup bowl. Pour over beef; bring to a boil. Cover and transfer to 325°F (160°C) oven; cook for 1-1/2 to 2 hours, until meat is fork-tender.

3. Bok Choy: Heat remaining 1 tbsp sesame oil in large skillet over medium-high heat; add bok choy and sauté for 2 to 3 minutes, turning occasionally. Add HALF of the cooking sauce and stir in HALF of the cornstarch mixture; cover and cook until simmering and sauce thickens slightly, about 3 minutes, stirring occasionally. Garnish with sesame seeds or cashews.

4. To serve, remove beef to platter; keep warm. Stir in remaining cornstarch mixture into remaining cooking sauce; heat over high heat for 2 to 3 minutes, until bubbling and thickened slightly; spoon over beef. Portion beef and bok choy onto plates, along with steamed rice or noodles if desired. **Makes 4 to 6 servings.**

Per serving: 873 calories, 64 g protein, 61 g fat 17 g carbohydrate, 266% DV zinc, 50% DV iron, 400% DV B12