

DINNER

Fahrenheit Kobe Short Ribs

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
380 min	20 min	360 min	4	\$6.39	1,009 kcal



Fahrenheit Kobe Short Ribs is a main course that serves 4. Watching your figure? This dairy free recipe has 1518 calories, 20g of protein, and 12g of fat per serving. For \$6.39 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals. 1 person has made this recipe and...

Ingredients

- ☐ 1 tablespoon Chinese five-spice powder
- ☐ 4 servings Lo mein noodles, or stir-fried vegetables, for serving, optional
- ☐ 2 ounces ginger, peeled and sliced
- ☐ 3¼ cups orange juice
- ☐ 4 servings Salt and freshly ground black pepper
- ☐ 1 cup soy sauce
- ☐ 8 ounces Kobe beef short ribs (about
- ☐ 2 ounces garlic, sliced
- ☐ 3 cups mirin
- ☐ 750 milliliters sake
- ☐ 1 bunch scallions, chopped
- ☐ 1 cup sugar

☐ 2 tablespoons vegetable oil

EQUIPMENT Frying pan, Oven, Dutch oven

Method

- 1 Preheat oven to 275 degrees F.
- 2 Rub the short ribs with salt, pepper, and the Chinese five-spice.
- 3 Heat a large Dutch oven over medium-high heat and add the oil. Sear the short ribs for 6 minutes on each side, or until well browned.
- 4 Remove and set aside. Carefully add the sake and mirin, scraping up any brown bits on the bottom of the pan. Reduce by about half then add the orange juice, sugar, scallions, ginger, garlic and soy sauce.
- 5 Add meat back to the pan, remove from heat, cover and braise in the oven for 5 to 6 hours, or until meat is extremely tender.
- 6 Remove from the liquid, cool slightly, slice and serve with lo mein noodles or stir-fried vegetables, if desired.

Nutrition per serving			
	1,009	18 g	12 g
	KCAL	PROTEIN	FAT
			166 g
			CARBS
Saturated Fat			2.9 g · 18% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			110 g · 122% of daily needs
Sodium			4,636 mg · 202% of daily needs
Cholesterol			24.4 mg · 8% of daily needs
Vitamin C			107 mg · 130% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fahrenheit-kobe-short-ribs-144492