



Korean-Style Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pounds beef ribs
- 2 inch ginger fresh peeled smashed
- 6 garlic clove minced
- 3 tablespoons korean honey citron tea paste (Korean hot-pepper paste)
- 0.3 cup brown sugar light packed
- 1 bunch spring onion trimmed finely chopped
- 1 tablespoon sesame oil
- 0.3 cup sesame seed cooled toasted

- 0.5 cup soya sauce
- 3 cups water

Equipment

- bowl
- paper towels
- whisk
- pot
- sieve
- aluminum foil
- ziploc bags
- tongs

Directions

- Grind sesame seeds to a coarse powder in grinder. Reserve 1/4 cup scallion greens, then whisk together remaining scallions, garlic, soy sauce, brown sugar, hot-pepper paste, sesame oil, and 2 tablespoons sesame-seed powder in a large bowl. Reserve remaining sesame-seed powder for serving.
- Add short ribs to soy sauce mixture, rubbing mixture into them.
- Transfer ribs to a large sealable plastic bag and seal bag, pressing out excess air. Marinate, chilled, at least 8 hours.
- Transfer ribs to a wide 6- to 8-quart heavy pot and add water and ginger. Simmer, tightly covered, until ribs are very tender, about 3 hours.
- Transfer ribs to a platter using tongs and keep warm, covered with foil. Skim fat from sauce and pour sauce through a sieve lined with a dampened paper towel into a bowl, then discard solids.
- Serve ribs with sauce in shallow bowls and sprinkle with reserved scallion greens and remaining sesame-seed powder.
- Ribs can be marinated up to 1 day. •Ribs can be braised 2 days ahead and cooled in sauce, uncovered, then chilled, covered.
- Remove fat from sauce, then reheat, covered, over moderate heat and proceed with recipe.

Nutrition Facts

PROTEIN 39.12% FAT 51.78% CARBS 9.1%

Properties

Glycemic Index:15.88, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:25.750000108843%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 518.74kcal (25.94%), Fat: 29.45g (45.3%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 10.79g (3.92%), Sugar: 7.59g (8.43%), Cholesterol: 146.52mg (48.84%), Sodium: 980.56mg (42.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.05g (100.1%), Vitamin B12: 8.42µg (140.31%), Zinc: 12.36mg (82.4%), Selenium: 37.99µg (54.27%), Vitamin B6: 1.08mg (53.98%), Phosphorus: 528.73mg (52.87%), Vitamin B3: 9.41mg (47.03%), Iron: 6.58mg (36.56%), Potassium: 995.17mg (28.43%), Vitamin B2: 0.43mg (25.04%), Copper: 0.42mg (21.03%), Magnesium: 81.03mg (20.26%), Vitamin B1: 0.29mg (19.4%), Manganese: 0.27mg (13.66%), Vitamin B5: 0.88mg (8.8%), Calcium: 84.55mg (8.46%), Vitamin K: 6.56µg (6.25%), Folate: 24.91µg (6.23%), Fiber: 0.86g (3.44%), Vitamin C: 2.31mg (2.8%)