



Korean-Style Short Ribs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.5 cup soya sauce
- ☐ 3 cups water
- ☐ 8 servings accompaniment: kimchi

Equipment

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

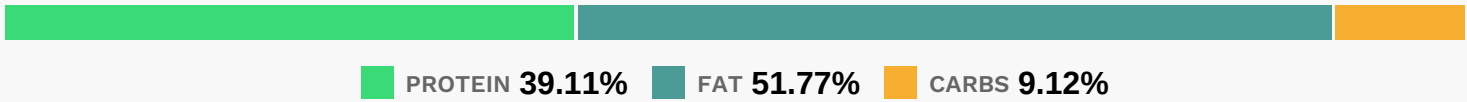
Directions

- ☐ 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.

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Remove fat from sauce, then reheat, covered, over moderate heat and proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:25.804782634196%

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: 518.89kcal (25.94%), Fat: 29.45g (45.31%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 10.8g (3.93%), Sugar: 7.6g (8.44%), Cholesterol: 146.52mg (48.84%), Sodium: 985.54mg (42.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.06g (100.13%), Vitamin B12: 8.42µg (140.31%), Zinc: 12.36mg (82.42%), Selenium: 37.99µg (54.28%), Vitamin B6: 1.08mg (54.08%), Phosphorus: 528.97mg (52.9%), Vitamin B3: 9.42mg (47.09%), Iron: 6.61mg (36.7%), Potassium: 996.68mg (28.48%), Vitamin B2: 0.43mg (25.17%), Copper: 0.42mg (21.05%), Magnesium: 81.17mg (20.29%), Vitamin B1: 0.29mg (19.41%), Manganese: 0.27mg (13.66%), Vitamin B5: 0.88mg (8.8%), Calcium: 84.88mg (8.49%), Vitamin K: 7µg (6.66%), Folate: 25.43µg (6.36%), Fiber: 0.88g (3.5%), Vitamin C: 2.31mg (2.8%)