



## Seoul-ful Ribs with Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



4

CALORIES



1387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds short ribs bone in (cut across the strips) (6 pieces total)
- 4 servings canola oil
- 1 cup julienne carrot
- 1 cup daikon julienned
- 0.5 teaspoon ginger fresh grated peeled
- 1 inch ginger fresh minced
- 1 clove garlic minced
- 3 cloves garlic minced

- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 4 cups chicken stock see low-sodium
- 0.5 cup mirin
- 3 pounds napa cabbage
- 4 servings freshly cracked pepper black
- 0.5 cup korean bean paste red
- 2 scallions
- 4 servings scallions sliced for garnish
- 0.3 cup seasoned rice vinegar
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon sesame oil toasted
- 1 tablespoon sugar
- 2 tablespoons sugar
- 3 cups rice long grain white
- 2 tablespoons sambal (chili garlic sauce)
- 2 teaspoons sambal (chili garlic sauce)

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- pot
- dutch oven
- tongs
- colander

## Directions

- Set a large Dutch oven over high heat. Coat the pan with some canola oil.
- Sprinkle the short ribs pieces all over with salt and pepper.
- Add them to the pot and brown well on both sides, 4 to 5 minutes per side.
- Add the garlic and ginger to the pan and saute until fragrant. Then add the red bean paste, mirin, vinegar, sugar and sambal.
- Mix well to coat the ribs, and then add the chicken stock and 2 cups water. Bring to a boil, and then reduce the heat and simmer, partially covered, until the ribs are tender, 30 to 35 minutes.
- When the ribs are tender, transfer them from the braising liquid to a platter.
- Add the rice to the pot of braising liquid and stir well. Bring back to a boil, and then reduce the heat to a simmer. Arrange the short rib pieces back on top of the rice in an even layer, and then cover the pot and simmer for 20 minutes. After 20 minutes the liquid will have evaporated and the rice should have puffed up.
- Remove the lid and cook over medium heat for the last 5 minutes to crisp up the bottom.
- Serve family style directly from the pot (like a paella or bibimbop) and top with Guy's Homemade Kimchi and garnish with scallions.
- Begin by slicing the cabbage crosswise into 1/2-inch-thick slices.
- Place in a large colander and toss together with 2 tablespoons salt. Squeeze out the cabbage with your hands or tongs to force the salt into the cabbage and this will start drawing out the water immediately (this is what gives the pickled cabbage its distinctive crunch when finished). Leave to sit in a colander for 30 minutes.
- In a large mixing bowl, combine the rice vinegar, sambal, sugar, toasted sesame oil, garlic, ginger and season with salt and pepper.
- Whisk together well.
- Add the carrots, daikon and scallions.
- Rinse the cabbage under cold running water and firmly squeeze out excess liquid.
- Add the cabbage to the bowl with the other ingredients and mix well.
- You can choose to serve this immediately OR if you prefer, you can pack it into a 1-gallon jar, seal, wrap in plastic and leave to sit in the refrigerator for 24 hours before serving.

## Nutrition Facts



■ PROTEIN 19.8% ■ FAT 29.98% ■ CARBS 50.22%

## Properties

Glycemic Index:157.55, Glycemic Load:77.05, Inflammation Score:-10, Nutrition Score:61.525217387987%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 1387.19kcal (69.36%), Fat: 46.01g (70.79%), Saturated Fat: 13.13g (82.07%), Carbohydrates: 173.4g (57.8%), Net Carbohydrates: 164.38g (59.78%), Sugar: 39.77g (44.18%), Cholesterol: 146.52mg (48.84%), Sodium: 1261.14mg (54.83%), Alcohol: 2.95g (100%), Alcohol %: 0.32% (100%), Protein: 68.38g (136.76%), Vitamin K: 186.07µg (177.21%), Vitamin B12: 8.65µg (144.25%), Vitamin A: 6548.74IU (130.97%), Vitamin C: 103.41mg (125.35%), Manganese: 2.36mg (118.05%), Vitamin B6: 2.11mg (105.74%), Zinc: 14.62mg (97.44%), Selenium: 59.68µg (85.26%), Phosphorus: 829.72mg (82.97%), Folate: 316.98µg (79.24%), Vitamin B3: 15.76mg (78.81%), Potassium: 2283.8mg (65.25%), Iron: 8.92mg (49.57%), Vitamin B2: 0.73mg (43.02%), Copper: 0.8mg (39.78%), Magnesium: 148.98mg (37.25%), Calcium: 371.16mg (37.12%), Fiber: 9.02g (36.07%), Vitamin B1: 0.51mg (33.79%), Vitamin B5: 2.72mg (27.2%), Vitamin E: 3.35mg (22.31%)