

## Red-Cooked Beef Short Ribs Recipe

**Ingredients:** Serves 2-4

1kg beef short ribs, cut by the butcher into  
8 pieces about 2 inches long  
5 cups dry sherry or red wine  
½ cup sugar  
½ cup soy sauce  
2 scallions, white and green parts, trimmed  
One 1½-inch piece peeled fresh ginger, flattened with a cleaver  
Two 3-inch cinnamon sticks  
3 dried small hot red chilies  
3 whole star anise  
1 teaspoon ground white pepper  
400g spinach

**Method:**

Bring a large saucepan of water to a boil over high heat. Add the short ribs and cook for 1 minute to remove some of the surface fat. Drain in a colander. Combine the sherry, sugar, soy sauce, scallions, ginger, cinnamon sticks, chilies, star anise, white pepper and 3 cups of water in a flameproof casserole. Stir to mix. Add the short ribs, cover and bring to a boil over high heat. Reduce the heat to medium-low, cover and simmer until the meat is fork-tender, about 2½ hours. Using a slotted spoon, transfer the short ribs to a chopping board. Cut the meat from the bones, transfer the meat to a bowl and discard the bones. Remove the scallions, ginger and whole spices from the sauce. Boil the sauce, uncovered, until it is syrupy, glossy and reduced to ¾ cup, about 15 minutes. Meanwhile, bring a large pot of lightly salted water to a boil over high heat. Add the spinach and cook until tender, about 1½ minutes. Drain in a colander. Place the spinach on a platter. Return the short rib meat to the casserole and cook to heat through. Spoon the meat and sauce over the spinach and serve immediately.

[asian\_free\_recipes\_download][/[asian\\_free\\_recipes\\_download](#)]