

HONEY HOISIN SHORT RIBS

serves 2

INGREDIENTS

For Braised Short Ribs:

- 1 tbsp canola oil
- 1 lb boneless short ribs (chuck flap meat)
- ½ tsp salt
- 1 tsp black pepper
- 1 stalk celery, diced
- ½ carrot, diced
- ½ white onion, diced
- 2 garlic cloves, crushed
- 1 tbsp tomato paste
- 1 cup dry red wine
- 1 ½ cup beef stock

For Honey Hoisin Sauce:

- ¼ cup honey
- ¼ cup hoisin
- 2 tbsp rice wine vinegar
- Reduced braising liquid

For Lime Sweet Potatoes:

- 2 pounds sweet potatoes
- 2 limes, juiced
- ¼ lb butter, unsalted
- 1 ½ tsp smoked paprika
- Salt to taste

DIRECTIONS

For Braised Short Ribs:

Preheat oven to 300 degrees Fahrenheit

In a heavy bottomed Dutch oven, heat canola oil over high heat

Season short ribs with salt and pepper while oil is heating

Once oil is just beginning to smoke, sear the short ribs on both sides until nicely browned (about 3 or 4 minutes per side)

Once seared, remove from Dutch oven to a plate to reserve

Add in the celery, carrot, and onion and sweat until fragrant and beginning to brown on the edges

Add in the tomato paste - stir until the vegetables are coated evenly - cook for about 2 minutes

Now add in red wine to deglaze - scrape up any fond from the bottom of the Dutch oven to incorporate into the sauce

Simmer wine until alcohol is cooked off and wine reduces by half

Pour in beef stock and stir

Turn off the heat

Add the seared short rib back to the Dutch oven

Make sure the short rib is covered with liquid - if it is not covered completely, add a bit of water

Cover Dutch oven with lid and place in the oven - braise for about 3 hours, or until fork tender

After braising, remove meat from liquid and strain (reserving that liquid in a saucepot)

Heat strained braising liquid over medium low heat to reduce

For Honey Hoisin Sauce:

Add the honey and hoisin to the braising liquid and stir until thoroughly combined

Once liquid is desired thickness, add in the rice wine vinegar

Spoon over braised short ribs

For Lime Sweet Potatoes:

Preheat oven to 350 degrees Fahrenheit

Roast sweet potatoes whole until soft (about 40 minutes)

Removed from oven and peel using a paring knife (or kitchen towel by rubbing off the peel)

Transfer to a mixing bowl - use a potato masher to puree the sweet potatoes

Fold in the lime juice and butter, use a rubber spatula to incorporate

Season with smoked paprika and salt