

myrecipes

Asian Short Ribs

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These Asian short ribs get their great flavor by slow-cooking in a mixture of soy sauce, brown sugar, rice vinegar, garlic, ginger, and red pepper.

Prep: 20 mins

Additional: 7 hrs 10 mins

Total: 7 hrs 30 mins

Yield: Makes 4 servings



Marcus Nilsson

- ## Ingredients
- ½ cup low-sodium soy sauce
 - ⅓ cup brown sugar
 - ¼ cup rice vinegar
 - 2 cloves garlic, peeled and smashed
 - 1 tablespoon grated fresh ginger
 - ½ teaspoon crushed red pepper
 - 8 beef short ribs (about 4 pounds)
 - 4 medium carrots, peeled and halved crosswise
 - 1 small green cabbage (about 1 pound), quartered
 - 2 tablespoons cornstarch
 - 1 tablespoon sesame oil
 - 4 scallions, thinly sliced (optional)

Directions

Step 1

In a 4- to 6-quart slow cooker, combine the soy sauce, sugar, vinegar, garlic, ginger, and red pepper. Add the short ribs and carrots and arrange in a single layer. Lay the cabbage on top. Cook, covered, on high for 5 to 6 hours (or on low for 7 to 8 hours)*, until the meat is tender and easily pulls away from the bone. Transfer the cabbage, short ribs, and carrots to plates. With a large spoon or ladle, skim the fat from the cooking liquid and discard. If the slow cooker is on the low setting, turn it to high. In a small bowl, whisk together the cornstarch with 1 tablespoon of water until smooth. Whisk into the cooking liquid and cook until thickened, 2 to 3 minutes. Stir in the sesame oil. Spoon the sauce over the short ribs and vegetables and sprinkle with the scallions (if using). *Because different slow-cooker models cook at different rates, the total time is presented as a range. Check for doneness at the low end of the range (but not before, or the escaping heat will slow the cooking). If the food is not done, continue cooking to the end of the suggested range.

Nutrition Facts

Per Serving:

831 calories; calories from fat 45%; protein 70g; carbohydrates 41g; sugars 27g; fiber 6g; fat 42g; saturated fat 17g; sodium 985mg; cholesterol 196mg.