

Red Meat Takeaway Solutions Recipes

PREP TIME 20 MIN | COOK TIME 4 HOURS | SERVES 10

SLOW COOKED ADOBO BEEF SHORT RIBS

Method

1. Adobo Sauce: In a bowl, cover the chillies with 500mls boiling water for 30 minutes to soften. Line a baking tray with baking paper. Place garlic, peppercorns, cloves and sesame seeds on a tray and roast for 8 minutes. Add ginger, cumin and oregano, roast for a further 5 minutes until the sesame seeds are lightly brown and spices are aromatic.
2. Place spices, chillies and 80mls of chilli soaking liquid, brown sugar, beer and vinegar in a blender and blend until a smooth, thick sauce.
3. Pre-heat oven to 150 ° C-160 ° C. Heat oil in frying pan, add garlic, carrot, celery and onion and cook for 3-5 minutes or until soft and golden. Remove to a gastronome. Add beef ribs, cook for 3-5 minutes each side to caramelise. Place on top of vegetables, meat side down and bones up. Pour in crushed tomatoes and stock. Cover tightly with a layer of baking paper, followed by a layer of foil. Cook, covered, for 4 hours. Remove ribs, cut into serving pieces.
4. Meanwhile heat adobo sauce over medium high heat, reduce to thicken. Pour over ribs.
5. Serve ribs with salt and vinegar potatoes, radicchio salad, chargrilled broccolini, baguette and butter, garnished with coriander and lime wedges.

INGREDIENT LIST

Beef

- MSA Short Ribs 3 x 4 rib rack, cut in half across the bone

Other Ingredients

- 40mls oil
- 30g garlic, chopped
- 100g carrot, diced
- 100g celery, diced
- 120g onion, diced
- 1.2kgs diced tomatoes
- 250mls stock

Adobo Suace

- 10 dried ancho chillies, stemmed, halved, seeded
- 6 cloves garlic, peeled
- 25g whole black peppercorns
- 4g whole cloves
- 50g sesame seeds
- 8g ground ginger
- 8g ground cumin
- 25g dried oregano
- 100g brown sugar
- 200mls dark beer
- 80mls white vinegar

Serving Suggestions

- Salt & Vinegar potatoes
- Radicchio Salad
- Truss tomatoes
- Roasted broccolini
- Baguette & whipped butter
- Lime Wedges and coriander

