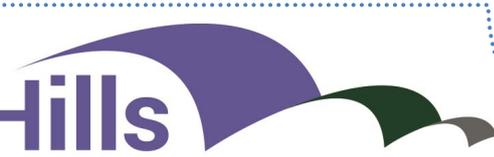


Taste the Hills



Recipes and Tips

Slow cooked short ribs

With the frosts arriving I want to celebrate the drop in temperature with a comforting bowl of slow cooked beef made in my slow cooker. Short ribs are so flavoursome and like lamb shanks, when cooked very slowly they fall off the bone and are delightfully soft. Use any you like with them but here is one with a vaguely Chinese style and I'll serve it in a bowlful of brown rice. Ribs vary in size (hence the serving recommendation) so when choosing them try to imagine them off the bone!

Serves 3 - 5

- 3 ribs
- 1 cup of soy sauce
- 1 cup of plum sauce
- 1 tbs fish sauce or a dash of anchovy essence
- 4 cloves of garlic, peeled and sliced
- 2 red chillies, chopped
- 2 star anise
- 2 inches of ginger, peeled and chopped
- 2 cups of water
- 1 cup of white wine or vermouth
- Six shallots or small red onions

Nb if you haven't got plum sauce you could add some apple puree or even some tinned plums or prunes – the idea is to add some sweetness.

Brown the ribs in a little oil and place in your slow cooker. Brown the onions in the fat and add these but put the fat in a cup and store in the fridge for another time.

Place all the other ingredients in the oil-free pan and stir until mixed and hot through. Tip this onto the meat and onions and cook for about four hours.

When the meat is really tender, scoop it out to an oven proof casserole dish, removing the bones as you do so. The meat should break into big chunks.

Skim off the fat from the liquid. Transfer the juices into a large saucepan and bubble to reduce by at least a third then tip back over the meat.

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