



Asian Glazed Boneless Beef Short Ribs

Yields 30 portions



INGREDIENTS

- 2 Tbsp. Chinese five spice
- ½ Tbsp. salt
- 1½ Tbsp. packed brown sugar
- ½ Tbsp. ground coriander
- ½ tsp ground cumin
- 8 lb boneless Alberta beef short rib
- 3 cups roughly chopped onion
- 2 Tbsp. each garlic puree and grated ginger
- 1.5 L homemade beef stock
- 2 bay leaves
- 3 Tbsp. soy sauce
- ½ cup honey
- ¼ cup each orange juice, ketchup and fish sauce

INSTRUCTIONS

Combine Chinese five spice, sugar, coriander and cumin. Rub onto beef. Tray on sheet pans single layer. Loosely cover with plastic wrap. Refrigerate 24 to 48 hours.

Pat beef dry with paper towel. Do not rub to prevent spice removal. Season with salt. Brown in pan. Remove beef from pan, pour off excess fat, leaving about ¼ cup of fat behind.

Add onions and scrape bottom of pan to remove brown bits. Cook about 7 min. until onions are soft. Add garlic and ginger stir though. Cook until fragrant 2 min. Add stock and bay leaves, scrap pot with wooden spoon to remove brown bits.

Add beef back to pan. Preferably in single layer. Stock should be minimum ¾ inch covering beef. If not add more.

Bring to simmer. Reduce temp. to 250°F. Crumple a piece of parchment. Un-crumple and lay flat over the beef. Cover with lid and cook slow, 2 to 2½ hours.

Meanwhile, to make glaze, combine soy sauce, orange juice, ketchup and fish sauce. Set aside.

Once beef is done remove from pan to sheet pan. Hold warm covered in 200°F oven

Preheat oven to 450°F. Brush glaze over beef and cook 5 min and serve. Do this in batches as needed.

Bon Appetit!

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