

## Slow-Cooked Beef Short Ribs with Soy and Ginger

This recipe was entirely inspired by, though not really adapted from, the recipe from **Stonewall Kitchen Favorites** (by Kathy Gunst, Jonathan King, and Jim Stott) for Beef Short Rib Stew with Bok Choy in an Orange-Ginger-Hoisin Sauce. This version is a bit simpler – you just brown the meat, then toss all the ingredients into a slow cooker and forget about it for 8 hours. I think the best accompaniment is sticky white rice, because the rice granules hold the sauce really well.

We got 5 meals out of this recipe, but use more or less beef depending on how many people you're feeding and how big your appetites are. If you use more beef, you'll have to use a little more flour, and brown the ribs in two batches with a little more oil for the second batch.

TIME: 20 minutes, plus cooking time

MAKES: 4 – 6 servings

1/4 cup all-purpose flour  
2 1/2 to 3 1/2 pounds beef short ribs, cut in half between the bones, if desired  
1 tablespoon vegetable or peanut oil  
2 shallots, chopped  
4 cloves garlic, finely chopped  
6 big carrots, peeled and cut into 1" chunks  
6 scallions, green and white parts, sliced  
10 celery ribs, cut into 1" chunks  
2 tablespoons freshly grated ginger  
1/4 – 1/2 teaspoon red pepper flakes, or to taste  
1/4 cup soy sauce  
1/4 cup hoisin sauce  
1/4 cup rice wine vinegar  
4 cups (or a 1-liter box) beef broth

Place the flour and the ribs in a large zip-top plastic bag, and shake to coat all the beef pieces on all sides. Heat a large, heavy-bottomed pot or cast iron skillet over medium-high heat. When hot, add the oil, and sear all the beef pieces on all sides, about 4 minutes per side, or until the pieces are deeply browned. Drain the ribs on a paper towel-lined plate.

Meanwhile, add all the remaining ingredients to a large slow cooker, and stir to combine. Nestle the browned short ribs into the liquid, and cook for 8 hours, completely undisturbed. Serve the ribs stew-style, or put a starch base (such as rice) in a big bowl, top with pieces of beef and vegetables, and ladle the broth around the bottom of the bowl.

*Note: This recipe can be made ahead, cooled, and refrigerated up to 3 days before serving (in fact, it tastes better a day or two after making). Before serving, use a spoon to skim off the layer of fat that rises to the surface and discard.*