



Slow-Cooked Moroccan Short Ribs

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 4 hours 55 minutes

This is one of the best recipes for short ribs . The combination of spices was perfectly suited to the short ribs. The Moroccan spices (cinnamon, cloves, turmeric) really portrays a mideastern taste palette . There was a little "heat" from the red pepper.

The Rub:

2 teaspoons ground cinnamon

2 teaspoons ground ginger

1 teaspoon ground cumin

1 teaspoon ground turmeric

1 teaspoon salt

The Ribs:

6 each beef short ribs, bone in, about 2-1/2 pounds
(see NOTES - NO BONELESS)

1 tablespoon olive oil

3 1/2 cups beef stock, low-sodium (or broth), divided

Slow Cooker 1

3 each carrots, cut into 2-inch chunks (cups)

10 small red potatoes

1/2 medium onion, cut in half, root intact

2 tablespoons honey

1 teaspoon red pepper flakes

Slow Cooker 2

2 tablespoons all-purpose flour

1/2 cup dried apricots

2 teaspoons lemon juice

NOTE: Please, use the bone-in short ribs for this recipe as it calls for. I used thin-cut bonesless ribs from COSTCO and they were a bit dry.

NOTE: These spices are intense. So, watch what other dishes you serve with it. These ribs will set the dinner tone!

PREP INGREDIENTS & MEAT (15 minutes)

Combine cinnamon, ginger, cumin, turmeric and salt. Rub the spice mix into the ribs, thoroughly coating all sides, pressing the spices into the meat as best you can.

BROWN RIBS, DEGLAZE, START SLOW COOKER (20 minutes)

Sear the ribs in olive oil over high heat, until all sides are browned, about 7-10 minutes.

Transfer the ribs to a slow-cooker, pouring off any excess oil from the pan.

Deglaze the pan with 3 cups beef stock or broth (save 1/2 cup for last steps), scraping all bits from the bottom, transfer to the slow-cooker, pouring over the ribs.

Add carrots, potatoes, honey, red pepper flakes, and onion to the slow cooker.

SLOW COOK 1 (3-1/2 hours)

Simmer the ribs on high-heat until they are fork-tender and falling off the bone, about 3-1/2 hours.

SLOW COOK 2 (35 minutes)

Discard onion and strain any fat that has accumulated on the surface.

Whisk flour and a 1/2 cup beef stock (broth) together and stir slowly into the slow cooker. If you pour it all at once and do not stir well you will end up with globs of flour balls.

Add dried apricots and simmer for another 1/2 hour, until thickened.

Stir in lemon juice before serving.

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