

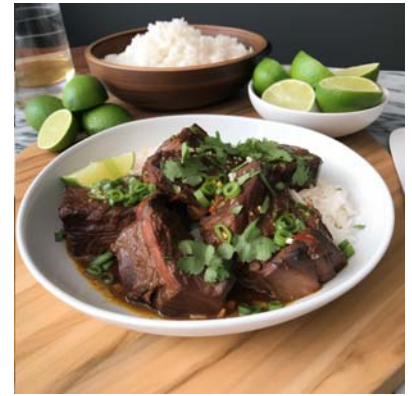


Asian-Style Boneless Beef Short Ribs

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 20 minutes



What a great, QUICK method for getting short ribs quickly to the table. The ribs come out very tender and they will absorb the Asian liquids thoroughly. Although labeled "Asian", these short ribs can be used as a staple rib recipe for any cuisine.

1 tablespoon vegetable oil

4 cloves garlic, minced

1 2-inch-piece ginger, peeled, sliced into 1/4-inch-thick rounds, and smashed

1/2 cup hoisin sauce

2 tablespoons soy sauce

2 tablespoons dry sherry

4 each scallions, white parts and greens separated

1/4 teaspoon cayenne pepper

6 8-oz beef short ribs, boneless, trimmed

2 tablespoons fresh cilantro, minced

VARIATION: Asian-Style Short Ribs with Shiitakes Add 1 pound shiitake mushrooms, stemmed and sliced, to pressure cooker pot with beef in step 1. After straining sauce through fat separator in step 4, discard ginger pieces, then return strained mushrooms and defatted sauce to pressure-cooker pot and simmer gently as needed to thicken. Stir in 1 tablespoon Asian chili-garlic sauce with scallions and cilantro.

BUILD FLAVOR (5 minutes):

Cook oil, garlic, and ginger in pressure-cooker pot over medium high heat until fragrant, about 1 minute.

Stir in hoisin sauce, soy sauce, sherry, scallion whites, and cayenne, then add beef.

HIGH PRESSURE (40 MINUTES):

Lock pressure-cooker lid in place and bring to high pressure over medium high heat. As soon as pot reaches high pressure, reduce heat to medium-low and cook for 35 minutes.

NATURALLY RELEASE PRESSURE (15 minutes):

Remove pot from heat and allow pressure to release naturally for 15 minutes. Quick release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

BEFORE SERVING (5 minutes):

Transfer short ribs to platter, tent loosely with aluminum foil, and let rest while finishing sauce.

Strain sauce into fat separator, let sit 5 minutes, then pour defatted sauce into small bowl.

Stir scallion greens and cilantro leaves into sauce and serve with ribs.

Per Serving (excluding unknown items): 624 Calories; 46g Fat (66.6% calories from fat); 41g Protein; 12g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 841mg Sodium; 6g Total Sugars; trace Vitamin D; 45mg Calcium; 6mg Iron; 735mg Potassium; 403mg Phosphorus. Exchanges: .

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