



*Chef Allistaire's*  
**STICKY SHORT RIBS**

## INGREDIENTS

### MARINADE

- 30g ginger, peeled and sliced
- 40g garlic cloves, chopped
- 10g chopped red chilies
- 3g thyme
- 210ml soya sauce
- 85g brown sugar

*Blend spices together*

- 5g star anise
- 2g cinnamon stick
- 3g coriander seeds

- 2kg Black Angus beef short rib
- 80ml oil, for cooking

### GARNISH

- 10g sliced spring onion
- 3g mint
- 3g coriander

### TO COOK

- 200ml apple juice
- 30ml rice wine vinegar
- 200ml beef stock

## METHOD

### MARINADE

1. Mix all the marinade ingredients together and whisk to dissolve the sugar.
2. Marinate the short ribs for two hours, then remove and drain. Keep some marinade.

### THE SHORT RIBS

1. Seal the short ribs in a hot pan and place in an oven tray.
2. Pour over the marinade.
3. Add the apple juice, vinegar and beef stock.

4. Close tray with foil and bake at 160°C for three hours (or until meat is soft).
5. Remove half the liquid from the meat and reduce by half. Allow the meat to cool in remaining liquid.
6. Once reduced by half, allow to cool, and add to the remaining short ribs mix.
7. Portion for serving.

### GARNISH

Sprinkle chili, coriander and spring onion over sticky short ribs to serve.