

Braised Beef Short Ribs

Ingredients

2.5kg beef short ribs, rack, bone in, trimmed as needed	150ml fresh lime juice
1 tsp chilli powder	zest from one lime
¼ tsp sea salt	Pinch cayenne powder
¼ tsp cinnamon	20g brown sugar
freshly ground black pepper	250g ketchup
4 tbsp olive oil	60ml maple syrup
2 onions, sliced	200ml pineapple juice
2 carrots, sliced	100g crushed pineapple
2 celery sticks, sliced	2 tbsp dark rum
Zest of 1 orange	1 tbsp Dijon mustard
Handful of thyme	50g marmalade
750ml full-bodied red wine	1 tbsp Worcestershire sauce
1.5 litres beef stock	Salt, pepper, ginger, smoked paprika powder
1 tbsp fennel seeds	
2 cloves garlic	

Method

1. Preheat the oven to 200°C/400°F.
2. Heavily season the beef ribs. Sear them on the hot grill till well caramelised.
3. Heat the oil in a large heavy-based casserole (big enough to hold the ribs in one layer). Add the onions, carrots and celery and orange zest and cook over a high heat for 5 minutes.
4. Pour in the wine and bring to the boil, then cook for a few minutes scraping the bottom of the casserole with a wooden spoon to remove any sediment. Pour in the stock, mixing.
5. Add the ribs in one single layer and cover with a lid.
6. Transfer to the oven and cook for 2 hours or until the ribs are almost tender and still holding their shape.
7. When the ribs are cooked transfer them to a dish with a tong and cover with cling wrap
8. Strain the braising liquid into a pan, discarding the vegetables. Let set and skim some of the fat from the top.
9. Heat the beef fat in a large pot, add the fennel seeds and crushed garlic and toss till crackling and translucent.
10. Add the brown sugar, lightly caramelize. Add the rest of the liquids and seasonings, add the strained braising liquid and then simmer over a medium heat until reduced by half, skimming off any fat and scum that rises to the top.
11. Place the ribs back into the casserole and simmer at low heat for another hour or until fork tender, keeping the rack intact.
12. Remove ribs from the pot and keep warm. Keep sauce reducing till thick and sticky but may adding liquid as needed.
13. Serve ribs generously covered with sauce, with extra sauce on the side. Garnish with tender and caramelised oven-baked halves of garlic cloves, skin on.