

# Pro Tip Recipes

PREP TIME 30 MIN | COOK TIME 3-4 HOURS | SERVES 10

## JAPANESE SHORT RIBS

### Method

1. Masterstock: Place ginger, garlic, cinnamon, star anise, sushi vinegar, hoisin sauce, half the brown sugar, half the soy sauce, dashi stock and water a large stockpot and bring to the boil, stirring to dissolve sugar. Reduce heat to a gently simmer and cook for 20 minutes to allow the flavours to infuse.
2. Pre-heat oven to 160 ° C, 40% steam, 60% dry heat.
3. Heat a frying pan over medium-high heat. Season short ribs on all sides with salt and pepper. Working in batches, sear short ribs on all sides until deeply and evenly browned (approximately 6-8 minutes). Set aside. Add mirepoix to frying pan and cook for 5 minutes or until softened and lightly coloured. Place mirepoix in a shallow 65ml full gastronomie pan. Place beef ribs bone side up on mirepoix. Add master stock, 2/3 full. Cover with baking paper and foil and roast for 3 hours.
4. Masterstock: Place ginger, garlic, cinnamon, star anise, sushi vinegar, hoisin sauce, half the brown sugar, half the soy sauce, dashi stock and water a large stockpot and bring to the boil, stirring to dissolve sugar.

Reduce heat to a gently simmer and cook for 20 minutes to allow the flavours to infuse.

5. Place reserved stock in a saucepan over high heat. Add remaining brown sugar and soy sauce, bring to a rapid boil. Boil until liquid coats the back of a spoon.
6. To serve: Portion cut beef ribs, brush with reduced masterstock. Serve with pickled vegetables, miso mayonnaise and steamed rice if desired.

### INGREDIENT LIST

#### Beef

- MSA Short Ribs 3 x 3 rack rib sets
- #### Other Ingredients (Mirepoix)
- 120g onion, diced
  - 100g carrot, diced
  - 100g celery sticks, diced

#### Other Ingredients (Masterstock)

- 30g ginger, sliced
- 20g garlic, crushed
- 2 cinnamon sticks
- 8 star anise
- 30mls sushi vinegar
- 30mls hoisin sauce
- 200g brown sugar
- 300mls soy sauce

- 400mls dashi stock
- 1 1/2 litre water

#### Serving Suggestions

- Pickled vegetables
- Miso mayonnaise
- Steamed rice

