

Orange-Ginger Grilled Short Ribs

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Food Network Magazine - June 2020

Servings: 4

FOR THE GLAZE

4 cups fresh orange juice
3 tablespoons packed light brown sugar
3 tablespoons tamari soy sauce
1 teaspoon Sichuan peppercorns
Kosher salt
freshly ground pepper
2 whole star anise pods
1 two-inch piece fresh ginger, sliced into rounds

FOR THE SHORT RIBS

1 two-pound boneless beef short rib, sliced against the grain into 1/4-inch-thick pieces
1/4 cup canola oil
Kosher salt
freshly ground pepper

FOR THE SCALLION-PEANUT RELISH

1/4 cup salted peanuts, finely chopped
2 scallions (green and pale green parts), thinly sliced
1/2 teaspoon packed light brown sugar
pinch ground allspice
pinch ground cinnamon
Kosher salt

Preparation Time: 1 hour

Make the glaze: In a medium saucepan, combine the orange juice, brown sugar, tamari, peppercorns, 1/4 teaspoon salt, 1/2 teaspoon pepper, the anise and the ginger. Bring to a boil over high heat. Reduce to a simmer. Cook, until reduced by half, about 15 minutes. Strain and let cool.

Grill the short ribs: In a bowl, toss the ribs with 1/2 cup of the glaze, reserving the remaining glaze for brushing. Set aside the ribs at room temperature for 30 minutes.

Preheat a grill to medium-high. Remove the ribs from the glaze, shaking off the excess. Brush with the canola oil. Sprinkle with salt and pepper. Grill the ribs, brushing occasionally, with the reserved glaze, until nicely charred but still pink in the middle, about 3 minutes per side.

Make the scallion-peanut relish: In a bowl, combine the peanuts, scallions, brown sugar, allspice and cinnamon. Sprinkle lightly with salt.

Transfer the ribs to a platter. Top with the relish.

Per Serving (excluding unknown items): 285 Calories; 14g Fat (43.6% calories from fat); 3g Protein; 38g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 762mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.