

Big Mamma's Boy's Korean Braised Beef Ribs

As demonstrated at the Royal Winter Fair 2008

Preheat oven to 450 degrees

1 rack (approx 4 - 5 pounds) beef ribs
75 ml tamari sauce
100 ml honey
1 clove garlic
1 carrot chopped
1 onion chopped
60 ml Jack Daniels whiskey
15 ml sambuca
Pinch white pepper
Pinch dried chillies

- Place ribs in a large roasting pan or slow cooker
- Mix marinade together and pour over ribs.
- Cover tightly and bake at 450 for 20 min
- Decrease oven to 325 and continue baking for 1 ½ hours (no peeking!)
- Shake pan, if there's still liquid, continue baking for ½ hour. If there's no liquid left add enough water to cover bottom of pan and continue baking for ½ hour.

To serve, drizzle sesame oil on ribs and sprinkle with coarse salt; side with brown rice and sautéed greens such as collards, or fennel coleslaw.