



SHORT RIBS

Makes 6 servings.

These sweet and sour delicious short ribs are an adaptation of a Chinese recipe. I chose to have them cut thinly, but you can, of course choose any size. I feature another short rib recipe on my web site but this one is much simpler. I also do not use the sauce. It is a bit strong and is too time consuming to remove all the fat.

INGREDIENTS

- 12 short ribs, 1 inch wide and 4 inches long (4 pounds)

MARINADE

- ½ cup low-sodium soy sauce
- 6 tablespoons lemon juice
- 4 cloves garlic, finely chopped
- 3 tablespoons honey
- 3 tablespoons hoisin sauce

PREPARATION

1. Place the ribs in a nonreactive dish-such as Pyrex. Whisk marinade ingredients and pour over meat. Cover with plastic wrap and marinate for several hours or overnight.
2. Preheat the oven to 400F.
3. Place the ribs, meat side down, in a roasting pan that can hold them in a single layer. Pour

the marinade over the ribs. Cover with heavy foil and roast for 2 hours.

4. After 2 hours, slip the bones out of the meat. Pour off most of the sauce, which is really fat and return the meat to the oven for another ½ hour. The ribs should be very tender.

NOTE:

If you have prepared the ribs in advance, you can reheat them in a preheated 350F oven, covered, for about 30 minutes.