



Beef Jerk Short Ribs With Fennel Slaw

Serves: 4

TASTE OF CATER CARE FACT

Beef short ribs have become an increasingly popular cut of meat in recent years. In this recipe, we have prepared the ribs in a Jamaican jerk style. This style of cooking can be traced back to the middle of the seventeenth century and is based on a dry rub or wet marinade which imparts a rich and complex flavour that is fragrant, savoury, sweet, and hot.

It is a very versatile rub or marinade that can be incorporated with beef, chicken, pork, goat, fish, seafood, or vegetables and fruit. The name 'jerk' is thought to have originated from the action of turning meat over on the BBQ or tearing pieces off it whilst it's cooking.

INGREDIENTS

- 1 tsp Cayenne Pepper
- 10 stems Shallot - roughly chop.
- 3 tsp Minced Ginger
- 80gm Long Green Chilli - deseed and chop.
- 4 sprigs Thyme - pick leaves, rinse and drain.
- 5 tsp Allspice
- 4 cloves Garlic - peel and roughly chop.
- 100ml Lime Juice
- 120ml Soy Sauce
- 90gm Brown Sugar
- 120ml Olive Oil
- 8 Beef Short Ribs
- As Required - Extra Virgin Olive Oil Spray
- 60ml Lime Juice
- 60ml Olive Oil
- To Taste - Sea Salt and Ground Black Pepper
- 1/4 Red Cabbage - finely shred.
- 4 Fennel Bulbs - finely shred.
- 50 leaves Coriander - rinse, drain and roughly chop.

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. In a mixing bowl, add the cayenne pepper, shallot, minced ginger, chilli, thyme, allspice, garlic, lime juice, soy sauce, brown sugar and first quantity of olive oil. Mix to thoroughly combine, then add the beef ribs and toss until they are evenly coated with the marinade. Cover with cling wrap and refrigerate for 8 hours.
3. Remove the mixing bowl from the refrigerator and remove the beef ribs from the marinade, allowing excess marinade to drain off. Over a moderate heat, spray a saute pan with oil, add the beef ribs and saute until well browned on all sides, then remove them from the heat.
4. Place the beef ribs into a deep-sided roasting tray, cover tightly with aluminium foil and place into the oven. Cook for 2 hours or until the meat is tender and beginning to fall off the bone. Remove the roasting tray from the oven and allow the beef ribs to rest in the tray in a warm place for 10 minutes.



5. In a mixing bowl, add the lime juice and third quantity of olive oil, whisk to thoroughly combine. Season to taste.
6. In a mixing bowl, add the red cabbage, fennel and coriander, mix to thoroughly combine.
7. Add the lime and olive oil dressing to the cabbage and fennel mixture and toss until it is evenly coated with the dressing. Season to taste.

TO SERVE

Place the desired number of beef short ribs in the centre of each serving plate, next to this, place a portion of the slaw.
