



BRAISED FLANKEN STYLE SHORT RIBS

INGREDIENTS

- 2 lb flanken-style ribs
- 1 14.5 ounce can crushed tomatoes
- 1 teaspoon allspice
- 1/4 teaspoon ground cloves
- 1-inch piece of fresh ginger, grated
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 onion, diced
- Water, as needed

DIRECTIONS

1. Heat an oven-safe heavy bottomed-pan on medium-high heat. A cast iron Dutch oven is perfect. Brown the ribs on both sides.
2. Add the onions and cook, stirring as needed, until the onions have softened a bit.
3. Add the rest of the ingredients, along with about a can of water.
4. Cover the pot and cook on the stovetop on very low heat, or in the oven at 325 degrees, until the meat is very tender, about 3 hours. If you're cooking on the stove top, stir it occasionally to keep it from sticking and burning. Add water, as needed, if the sauce seems to be getting too thick.
5. If there's a lot of visible fat, skim it off before serving. Serve hot with mashed potatoes or noodles.



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SHOPPING LIST

14.5 ounce can crushed
tomatoes
Allspice
Ground cloves
Fresh ginger, grated
Salt
Ground pepper
Onion

SIDE OPTIONS

Side Salad
Green Beans
Mashed Potatoes
Noodles