

Barbecued Short Ribs

Source: Deb Buzar, professional chef



Carolyn T's
Cookbook

Servings: 8

Notes: This can also be made in a pressure cooker and include any accumulated juice from the browning pan. Do not fill the pressure cooker more than 2/3 full. Once you reach proper heat, reduce temp and cook for 28-30 minutes. Reduce pressure and continue with main recipe. This can also be made in a crockpot, and cook for approximately 10 hours. The recipe make a goodly portion of sauce - but it's delicious on both the meat and your carb side dish, whatever that is. The 4 pounds of meat will serve 8 people in relatively small portions - short ribs are very high in calorie and fat, so smaller portions are better for us; however, expect people to want more.

- 4 pounds short ribs**
- 2 medium onions, diced**
- 1 cup water**
- 1/2 cup vinegar**
- 2 cups ketchup**
- 1 cup celery, diced**
- 4 tablespoons sugar**
- 1 teaspoon salt**
- 6 tablespoons Worcestershire sauce**
- 2 teaspoons dry mustard**

Serving Ideas: Some kind of mashed potatoes are needed with this - you'll want to drizzle some of the sauce on the potatoes.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 993 Calories; 83g Fat (74.7% calories from fat); 34g Protein; 29g Carbohydrate; 2g Dietary Fiber; 172mg Cholesterol; 1215mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 13 1/2 Fat; 1 1/2 Other Carbohydrates.

1. Dice the onions and celery into approximately similar size quarter-inch pieces. Set aside in a large bowl.
2. Measure water, vinegar, ketchup, sugar, salt, Worcestershire sauce and dry mustard and add to bowl. Stir until well mixed. Set aside.
3. Trim meat of all silverskin. Cut ribs between the bones or in 2-inch pieces if using boneless. If using bone-in ribs, tie around meat with kitchen twine (each piece). Season with salt and pepper. In a large roasting pan pour a small amount of olive oil and sear ribs on top and bottom only, just long enough to brown nicely, then remove to a plate. Do not crowd meat. Continue browning meat until all pieces are finished. Do not burn the meat as you'll have to discard the nice fond on the bottom of the pan and clean it well in order to continue.
4. Pour sauce into the pot, then add the ribs. Bring to a simmer, reduce heat to a very low simmer and bake at 350 for 2 hours or until fork tender. Transfer meat to a hot platter. Puree remaining sauce in blender (don't overfill or it will blow the lid off). Serve meat with sauce. May be made up to several days ahead and reheated. After cooling the sauce, you may easily remove any hardened fat from the sauce and discard before reheating.