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Short Ribs with Chinese Flavor

Recipe courtesy of Mark Bittman

8 short ribs, about 3 pounds (I used regular ribs)
1/2 cup soy sauce
1/4 cup sugar or honey
3 star anise (I used a teaspoon of five spice instead)
6 scallions, trimmed
1 3-inch piece cinnamon (I used a teaspoon of ground cinnamon)
5 nickel-size slices of ginger
1 teaspoon Sichuan peppercorns (I skipped)
Salt
Cooked white rice for serving
Chopped scallions or fresh cilantro leaves for garnish.

Combine all ingredients, except salt, rice and garnish, in slow cooker. Cover and cook until meat is very tender and falling from bone, 5 hours or more on high, 7 hours or more on low. Taste and add salt if necessary.

If you like, remove meat, strain liquid and refrigerate meat and liquid separately; skim fat from liquid, and reheat with meat. Serve hot over white rice garnished with scallions or cilantro.