

OVERALL time: 195 mins

CHINESE 5 SPICE BEEF SHORT RIBS

Turn a stay-at-home family dinner into a feast with this easy recipe. Our 5 spice blend is heady with the perfume of cinnamon, fennel, cloves, star anise and cardamom – the perfect aromatics base for the richness of beef short ribs. All it asks for is Jasmin or Basmati rice.

Metric

Number of servings : 4

ingredients

For the ribs

- 1 kg Thick- cut beef short ribs
- 30 ml Vegetable oil
- 1 Large onion, peeled & quartered
- 2 Large carrots, peeled and quartered
- 22 ml **Cape Herb and Spice Chinese 5 Spice**
- 30 ml Hoisin Sauce
- 15 ml Honey
- 30 ml Soy sauce
- 240 ml Water
- 2 Fat cloves of garlic, finely sliced or grated
- 4 cm Piece of ginger, peeled and finely sliced
- 15 ml Corn flour

To serve

- 3 Spring onions, green parts only, sliced very finely on the diagonal
- Large handful of coriander leaves
- Finely sliced red chilli (optional)
- Bsmati or Jasmin rice

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 180 mins

Heat a frying pan, add the vegetable oil and fry the short rib, a few pieces at a time, until nicely brown and caramelized. Place onion and carrots in a large roasting dish. Place short ribs on top. Whisk together the 5 spice, hoisin, honey, soy, ginger, garlic and water and pour over the meat. Cover the roasting tray with tinfoil, tucking in the sides to ensure it is properly sealed.

Slow roast in a 170 degree Celsius oven for two and a half to three hours until the meat is fall-off-the-bone soft. Mix the corn flour with a tablespoon of water and stir it into the sauce in the roasting tray. Pop it back in the oven for a further 5 minutes to give the corn flour a chance to cook through and thicken the sauce. Top beef short ribs with spring onions, coriander and chilli if using and serve with Basmati or Jasmin rice.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>
Metric

ingredients

For the ribs

- 1 kg Thick- cut beef short ribs
- 30 ml Vegetable oil
- 1 Large onion, peeled & quartered
- 2 Large carrots, peeled and quartered
- 22 ml **Cape Herb and Spice Chinese 5 Spice**
- 30 ml Hoisin Sauce
- 15 ml Honey
- 30 ml Soy sauce
- 240 ml Water
- 2 Fat cloves of garlic, finely sliced or grated
- 4 cm Piece of ginger, peeled and finely sliced
- 15 ml Corn flour

To serve

- 3 Spring onions, green parts only, sliced very finely on the diagonal
- Large handful of coriander leaves
- Finely sliced red chilli (optional)
- Bsmati or Jasmin rice

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 180 mins

Heat a frying pan, add the vegetable oil and fry the short rib, a few pieces at a time, until nicely brown and caramelized. Place onion and carrots in a large roasting dish. Place short ribs on top. Whisk together the 5 spice, hoisin, honey, soy, ginger, garlic and water and pour over the meat. Cover the roasting tray with tinfoil, tucking in the sides to ensure it is properly sealed.

Slow roast in a 170 degree Celsius oven for two and a half to three hours until the meat is fall-off-the-bone soft. Mix the corn flour with a tablespoon of water and stir it into the sauce in the roasting tray. Pop it back in the oven for a further 5 minutes to give the corn flour a chance to cook through and thicken the sauce. Top beef short ribs with spring onions, coriander and chilli if using and serve with Basmati or Jasmin rice.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>