



72Hour Sous Vide Short Ribs

Savannah · 30/09/2024



Prep Time

3 days 25 mins

Difficult

Easy

Servings

6

Description

Sous vide cooking works its magic on many foods but yields some of the most dramatic results on short ribs. In traditional recipes the ribs usually cut into short 2 to 3 inch chunks by the butcher are braised for several hours. Although the braising method adds great flavor and makes the meat extremely tender, it's also usually well done. But thanks to our sous vide wizardry, we were able to maintain a perfectly pink medium-rare and fork-tender meat. After tasting these short ribs, I may never cook any type of ribs the same way again. This summer I plan to lightly smoke a rack of spare ribs, then cook them sous vide for a few days before finishing them back on the grill. I expect pretty incredible results.

Ingredients

- - 6 pounds beef short ribs - 8 cloves garlic
- crushed - 2 tablespoons smoked salt

Instructions

1. Heat water in a sous vide water bath to 133 degrees F (56 degrees C). Trim any areas of fat left on short ribs; coat thoroughly with garlic and salt. Place ribs into a large
2. resealable plastic bag. (Use two bags if necessary to leave plenty of room between ribs.) Seal
3. on low pressure if using a vacuum sealer
4. removing as much air as possible. Submerge the bag fully into the water bath and cook
5. rotating every 12 to 18 hours
6. for 60 hours. Increase the heat to 144.5 degrees F (62.5 degrees C) and cook an additional 12 hours. Remove ribs from the water bath; let rest in the bag on a cooling rack placed over a baking sheet until cool enough to handle. Remove ribs from the bag and drain. Place ribs onto a work surface
7. turn so bones are facing up
8. and slice meat between the bones to separate. Cut membrane running along the length of each rib; slide the bone loose from the meat. Trim any excess fat and cut into serving portions. Pat ribs dry with paper towels; return to the cooling rack. Heat a skillet until smoking hot. Add ribs and brown quickly
9. 30 to 60 seconds per side. Tips I use a 6-pound uncut slab of short ribs from my butcher
10. but you can use 6 to 8 pre-cut pieces. I like to use alderwood smoked salt. You can brown the ribs with a blowtorch or by placing them under a hot broiler. The goal is to brown them evenly and as quickly as possible.