

Korean Braised Short Ribs Galbi Jjim

Savannah · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

3 hrs 20 mins

Description

This is a traditional Korean dish and a different method of preparing korean short ribs galbi The sweet marinade and tender meat will fall right off the bone and into your mouth

Ingredients

- - 1 ½ cups soy sauce - 3 tablespoons sesame oil - 2 tablespoons minced garlic - 1 tablespoon minced fresh ginger root - 1 teaspoon ground ginger - ¼ cup brown sugar - 2 ½ cups water - ½ cup rice wine - ½ cup pear
- peeled and grated - 1 kiwi
- peeled and mashed - 2 teaspoons salt - 1 pinch ground black pepper - 4 pounds beef short ribs - 1 carrot
- cut into large dice - 2 potatoes
- peeled
- cut into large chunks - ½ cup chopped green onions - 1 yellow onion
- cut into large dice - 1 cup chestnuts (Optional) - ½ cup shiitake mushrooms
- sliced (Optional)

Instructions

1. To make the sauce
2. combine the soy sauce
3. sesame oil
4. garlic
5. fresh ginger
6. ground ginger
7. brown sugar
8. water
9. rice wine
10. pear
11. kiwi
12. salt
13. and pepper in a large bowl. Whisk to combine. Fill a large stockpot with cold water. Soak the short ribs in the water for 30 minutes to 1 hour to pull out impurities. Drain. Score ribs by slicing shallow criss cross cuts across the meat. Fill the stockpot with clean water and bring to a boil. Simmer the short ribs in the water for 30 minutes. Drain. Return the simmered ribs to the pot; pour in the sauce
14. bring to a low boil. Simmer the ribs in the sauce for 60 minutes. Stir in the carrot
15. potatoes
16. green onions
17. yellow onion
18. chestnuts
19. and shiitake mushrooms. Simmer until vegetables are tender
20. at least 30 additional minutes.