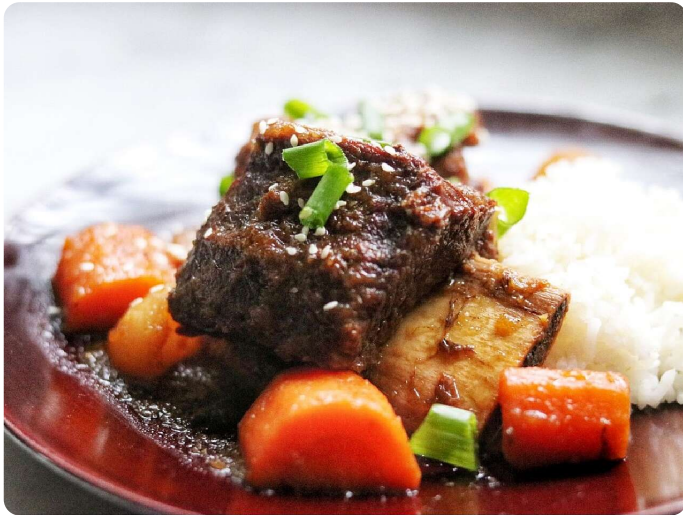


Instant Pot Galbi KoreanStyle Short Ribs

Savannah · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

2 hrs 25 mins

Description

This version of delicious Korean beef short ribs dish for your Instant Pot or other multicooker pressure cooker will have the ribs falling off the bone Soaking the ribs first is the traditional method I recommend soaking for at least an hour though traditionally you would soak them for longer changing the water after the first hour If you dont have an Asian pear an apple will do as a substitute Serve over white rice

Ingredients

- - 3 pounds beef short ribs - 1 Asian pear - peeled
- cored
- and coarsely chopped - 1 small onion
- chopped - 4 cloves garlic
- chopped - ½ tablespoon peeled and coarsely chopped fresh ginger - 1 cup low-sodium soy sauce
- divided - ¼ cup rice wine - ¼ cup water - ¼ cup brown sugar - 2 tablespoons sesame oil
- divided - ½ teaspoon ground black pepper - 2 carrots
- peeled and cut in chunks - 5 radishes
- peeled and cut into chunks - ¼ cup white sugar - ½ bunch green onions
- chopped
- or to taste - 1 tablespoon sesame seeds
- or to taste

Instructions

1. Soak ribs in a large bowl of water for 1 hour. Meanwhile
2. combine Asian pear
3. onion
4. garlic
5. and ginger in a blender or food processor; purée until smooth. Transfer mixture to a mixing bowl. Mix in 3/4 cup soy sauce
6. rice wine
7. water
8. brown sugar
9. 1 tablespoon sesame oil
10. and pepper to create a sauce. Set aside. Drain ribs and dry them well. Trim off excess fat. Place ribs in a multi-functional pressure cooker (such as Instant Pot)
11. then add carrots and radishes. Pour Asian pear sauce on top. Close and lock the lid. Select Meat function according to manufacturer's instructions; set the timer for 35 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
12. 10 to 40 minutes. Unlock and remove the lid. Transfer meat and vegetables to a plate and set aside. Select the Sauté function on your Instant Pot. Stir in white sugar
13. remaining 1/4 cup soy sauce
14. and remaining 1 tablespoon sesame oil. Cook
15. stirring occasionally
16. until sugar has melted and sauce has thickened
17. about 10 minutes. Return ribs and vegetables to the pot; stir to coat with sauce. Garnish ribs and vegetables with green onions and sesame seeds.