

*A recipe from 'Dishing  
up the Dirt' by Andrea  
Bemis of Tumbleweed  
farms*

# **SOY BRAISED SHORT RIBS**



1 bunch scallions, chopped, white and green parts separated  
4 cloves of garlic, chopped  
1/4 cup rice wine vinegar  
1/4 cup low sodium soy sauce (or tamari)  
2 tablespoons peeled and chopped fresh ginger  
2 tablespoons honey  
1 teaspoon crushed red pepper flakes  
1/4 cup water  
3 pounds bone-in Lower Shannon beef short ribs  
2 tablespoons toasted sesame seeds  
Steamed rice for serving (optional)



## Directions



In a medium size bowl whisk together the chopped (white parts only) scallions with the garlic, vinegar, soy sauce, ginger, honey, red pepper flakes and water until well combined. Pour the mixture into a 4-to 6-quart slow cooker. Add the beef and turn to coat. Cover and cook until beef is very tender, on low for 7-8 hours or high for 5-6 hours. Sprinkle beef with toasted sesame seeds and reserved greens from the scallions. Serve with steamed rice if desired.



## Ingredients