



ASIAN-BRAISED BEEF RIBS

Serves 4

INGREDIENTS

125ml (1/2 cup) soy sauce
100g (1/2 cup, firmly packed) brown or coconut sugar
80ml (1/3 cup) Chinese cooking wine
1/2 teaspoon Chinese five-spice
1 orange, rind cut into thick strips, juiced
4 garlic cloves, sliced
25g fresh ginger, peeled, thinly sliced
1/2 teaspoon dried chilli flakes
4 whole star anise
1 cinnamon stick
6 green shallots, cut into 5 cm lengths
500ml (2 cups) beef stock (Maleny Black Angus Beef bone broth would be ideal for this)
1.5kg Maleny Black Angus Beef ribs

METHOD

1. Combine soy sauce, sugar, cooking wine, five-spice, orange rind and juice, garlic, ginger, chilli, star anise, cinnamon, shallot and stock in a medium bowl. Stir to combine.
2. Place Maleny Black Angus Beef ribs in a large sealable glass or plastic container. Pour marinade over meat and allow flavours to infuse overnight in the fridge. (You can freeze the marinated meat at this stage for up to 3 months. Defrost it overnight in the fridge before cooking)
3. Preheat oven to 160C/140C fan-forced. Place beef ribs and marinade in a large roasting pan. Toss to combine. Cover with a sheet of baking paper and a sheet of foil. Bake for 3-3 1/2 hours or until almost tender.
4. Increase oven to 180C/160C fan-forced. Remove foil and baking paper. Bake for a further 30-45 minutes or until beef is falling off the bone.

Serve with steamed broccolini and rice. Garnish beef ribs with curled shallots and sprinkle sesame seeds over. Enjoy!

