



ASIAN BRAISED BEEF SHORT RIBS WITH  
BEAN SPROUT, CUCUMBER AND HERBS (SERVES 4)  
RECIPE BY CHEF HELEN GOELET TO BE PAIRED WITH  
2018 SVS CABERNET SAUVIGNON

INGREDIENTS

For the braised beef short ribs

- 3 lbs beef short ribs (or another cut of beef that is good for braises such as chuck)
- 1 tsp salt
- 1 tsp ground black pepper
- 3 tablespoons vegetable oil
- 5 garlic cloves, thinly sliced
- 3 green onions, thinly sliced
- 3 in. piece of fresh ginger, minced
- 2 tsp crushed red pepper flakes
- 1 stalk lemongrass, pounded and cut (or you can use paste)
- 2 cups chicken stock
- ¼ cup hoisin sauce
- ½ cup rice wine vinegar
- ½ cup brown sugar
- 3 tablespoons sriracha
- 2 tbsp corn starch
- 1 cinnamon stick
- 3 star anise pods
- 1 tbsp Chinese five spice

For the bean sprout salad

- 4 oz bean sprouts
- 1 cup fresh cilantro, picked
- ½ cup thinly sliced green onion
- ½ cucumber, thinly sliced
- 1 lime
- 2 tbsp rice vinegar

## INSTRUCTIONS

This dish can be cooked in your slow cooker or in the oven. If using the slow cooker, I recommend searing beef in a separate pan before adding to the slow cooker with the remaining ingredients.

If cooking in the oven, bring your oven to 300°F. Season short ribs with five spices, salt and pepper. In a heavy bottomed pan, sear the beef until crispy and browned on all sides, and remove. Put all ingredients except for the beef into a bowl and mix together thoroughly. Toss meat into the bowl and mix together until completely covered. Pour into a large Dutch oven, cover and cook until meat pulls apart easily with a fork. Combine all ingredients for the bean sprout salad and serve fresh over short ribs with plenty of braising liquid.