

# BEEF SHORT RIBS WITH PICKLED CARROTS & NOODLES

This recipe is included in *The Ethical Omnivore* by Laura Dalrymple and Grant Hilliard, a beautiful and inspiring book that proposes a new way of thinking about sourcing and eating meat. Laura and Grant own Feather and Bone butcher in Sydney and the recipes are from the community that has sprung up around her store. I can't recommend the book more highly.



**Serves:** 4-6

**Time:** 6 minutes



## INGREDIENTS

### Beef ribs

- 1 kg (2 lb 4 oz) beef short ribs, at room temperature
- salt and pepper
- 2 tbsp olive oil
- 80 grams (1/3 cup) mirin
- 200 grams (3/4 cup) white (shiro) miso

### Quick pickled carrots

- 4 carrots, finely sliced or shaved
- 2 tsp ginger, finely diced
- 4 garlic cloves
- 1 small red chilli
- 250 grams (1 cup) apple cider vinegar, or enough to cover the carrots in a bowl
- 125 grams (1/2 cup) water
- 1 1/2 tsp sugar
- 1 1/2 tsp salt

### To serve

- noodles of your choice (we like soba or ramen noodles)
- sesame oil, chilli oil and soy sauce, to taste
- toppings of your choice (we like enoki mushrooms and shredded cabbage)
- sesame seeds
- coriander leaves
- lime wedges, to serve

**DANIVALENT**



## METHOD

### Beef ribs

1. Preheat oven to 120°C (235°F). Coat ribs with olive oil and season with salt and pepper. Heat a large frying pan over medium-high heat, add ribs and sear them, turning, for 10 minutes or until nicely browned on all sides. Remove from heat.

2. Stir mirin and miso in a bowl to combine, brush all over ribs, then place in a roasting tin and roast for 3 hours or until beef is tender and falling away from the bone. Keep an eye on the tin for moisture - you can cover with a lid or foil and add a little water if it is drying out.

### Quick pickled carrots

3. Meanwhile, to make the pickles, place carrot in a heatproof bowl. Combine vinegar, water, sugar and salt in a small saucepan over medium heat and stir until salt and sugar dissolve. In a Thermomix, add ingredients to mixing bowl and heat **5 min/100°C (212°F)/speed 1**. Pour pickling liquid over the carrots and cool to room temperature. They're ready to eat straight away, but will keep refrigerated in a clean jar for up to 2 weeks.

### To serve

4. When ready to serve, cook noodles in a large saucepan of boiling water until al dente - they should still have elasticity. Drain, rinse under cold running water to stop them from cooking, drain again and toss with a little sesame oil to stop them sticking.

5. Divide noodles among bowls, toss with chilli oil and soy sauce to taste, add beef (Ben likes his short rib whole, Reagan likes it sliced) and layer over the toppings and garnishes.

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Serves: 4-6



## SHOPPING LIST:

- Beef short ribs (1 kg / 2 lb 4 oz)
- Olive oil (2 tbsp)
- Mirin (80 grams / ⅓ cup)
- White (shiro) miso (200 grams / ¾ cup)
- Carrots (4)
- Ginger (2 tsp)
- Garlic cloves (4)
- Small red chilli (1)
- Apple cider vinegar (250 grams / 1 cup)
- Sugar (1½ tsp)
- Salt and pepper
- Noodles
- Sesame oil, chilli oil and soy sauce, to taste
- Toppings of your choice
- Coriander leaves
- Lime



## NOTES & TIPS:

- • we like soba or ramen noodles)
- • we like enoki mushrooms and shredded cabbage, sesame seeds)