

Beef Short Ribs with Pomegranate

 By [Nina Timm](#)

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Lately, beef short ribs are all the rage. Smokey BBQ beef short ribs are the new thing when having a braai and lamb shanks are happily replaced by beef short ribs cooked for hours in red wine with earthy mushrooms and pancetta lardons (makes you hungry just thinking about it, right?) I am on such an Eastern food binge at the moment. I crave stir fries, dim sum, Chinese Chicken and have had dreams of my Chinese Pork with Plum Sauce.

So when I saw the beef short ribs at the butcher's, I couldn't resist and I knew exactly what to do with them. I wanted that sweet/sour combination with hints of ginger, garlic, soy and lemon grass. Oh my word, my mouth is watering just thinking about it. One has to be careful when using soy though, especially in such big quantities, because your end result might be too salty, so I thought that pomegranate juice will do the trick.

The little red pomegranate rubies will also be a fresh element to the dish in the end. Well, I wasn't disappointed - the end result was exactly as I had planned it. Packed with flavour, the meat literally fell off the bone and certainly ticked all the right Easter binge boxes for me. So, next time you see short ribs, don't walk past - grab some.



Beef Short Ribs with Pomegranate (serves 4 to 6)

Ingredients:

- 8 pieces beef short rib (mine was about 1.3kg)
- 30ml olive or coconut oil
- 4 cloves garlic – peeled and kept whole
- A thumb-length piece of ginger – peeled and cut in pieces
- 1 star anise
- 2 sticks lemon grass
- 250 to 300ml pomegranate juice
- 100ml thick soy sauce
- 1 red chilli – keep whole
- 1T grated ginger
- 15 to 30ml brown sugar

Method

Heat a pan on the stove or, if you have one, a cast iron oven casserole and brown the meat in the oil. If you are using a pan, transfer the browned meat to a oven casserole or just keep the meat in the cast iron pot. Add the pomegranate juice, soy, ginger, garlic, lemon grass and star anise. Place the lid on and cook in the oven for two to three hours. The meat must be very soft and come off the bone easily.

Gently remove the meat from the sauce in the pot and keep warm. Add the sugar and grated ginger to the sauce and reduce to a light syrupy consistency. Place the meat back in the sauce and gently warm through. Serve on fluffy Jasmin rice with fresh pomegranate, chopped spring onion, and chopped chilli.

www.my-easy-cooking.com

ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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