

SRV Grass-Fed **SHORT RIBS**



SAN RAFAEL VALLEY GRASS-FED BEEF

100% GRASS-FED SHORT RIBS

RECIPES FOR:

**BBQ
IN THE OVEN
OR
PRESSURE COOK**

Simple BBQ Ribs

Prepare a charcoal grill, and cook ribs over medium-hot coals, turning occasionally. Brush ribs **CLASSIC RIB SAUCE** with after each turn. Cook ribs until desired doneness. Remove from barbecue and enjoy.

Oven Ribs

ASIAN SPICE SAUCE

Light a grill. Preheat the oven to 325 degrees. Season the ribs with salt and fennel. Grill over high heat, turning, until charred all over, about 12 minutes. Transfer the ribs to a large flameproof roasting pan.

In a large bowl, mix 1cup ketchup, 1cup dry red wine, 1/3cup wine vinegar, 1/2cup molasses molasses, 3T onion flakes, 2T fish sauce, 1T soy sauce, 1T garlic powder, 1T minced chipotle chile in adobo, 1tsp sesame oil and 1T salt. Whisk into 3 quarts of water. Pour the sauce over the ribs and bring to a simmer over two burners. Cover and place in the oven to bake, turning the ribs once, until the meat is very tender, about 2 1/2 hours. Lower the oven temperature to 200.

Drain off excess sauce and place in a large saucepan. Keep the ribs warm in the oven while you boil the sauce over high heat on the stove top until reduced to 4 cups, about 1 hour.

Increase the oven temperature to 350. Pour the sauce over the ribs and roast until the ribs are glazed, about 15 minutes. Serve the ribs on plates with their sauce.

Pressure cooker - BBQ Ribs

Season ribs with salt, pepper and paprika. Heat uncovered pressure cooker. Use 3 tbsp. of oil and brown ribs in pressure cooker. Mix ingredients in **Pressure Cooker Sauce** and pour over ribs in pressure cooker.

Close cover securely and place pressure regulator on pressure vent pipe and cook 7 minutes with pressure regulator rocking slowly. Turn of heat and let pressure drop of its own accord.

Crisp the ribs on the BBQ with your favorite BBQ sauce.

CLASSIC RIB SAUCE

1 1/4 cup Ketchup
3/4 cup Water
1/4 cup Honey
2 tablespoons
Worcestershire Sauce
4 teaspoons Lemon Juice
1 small Onion, chopped
1/2 teaspoon Salt
1/2 teaspoon Pepper
6 pounds Back Ribs
Mix together: ketchup,
water, honey,
Worcestershire , lemon
juice onion, salt, and
pepper. Cook for about
10 minutes, stirring
occasionally.

Pressure Cooker Sauce

2 1/2 cups beef broth
10 dashes
Worcestershire
1 large sweet onion diced
2 tsp dry mesquite
marinade
1 tsp steak seasoning
1/2 tsp mesquite liquid
smoke
3 T minced garlic
8 pounds of ribs.