

# Cooking Beef ... with Ashley



by  
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Football season is full swing and there is a crispness in the air. Fall has finally made its way to Florida! With the beginning of fall, comes a change in my food choices. Gone are the clean and bright dishes that leave you refreshed amidst the summer heat; now has come the time for hearty and satisfying meals that keep you warm and content. Low and slow has become the name of the game.

When cooking food low and slow, intense flavors have time to develop and change the balance of your dish. Grilling a steak typically takes 15-20 minutes and gives you a quick meal. Cooking pot roast or beef ribs can take anywhere from 1-2 hours to all day and will give you a plate of food that will have everyone wanting more.

Bite-Sized Sweet and Spicy Beef Ribs are an Asian-inspired tailgate treat perfect for an at-home get together or when traveling to the game. As a one-pot wonder, this dish minimizes clean up and is easily transported. Asian-inspired dishes are known to be very balanced in their flavors- sweet, salty, sour and bitter. With the addition of beef chuck eye ribs, this recipe now has umami or



**BEEF:** It's What's For Dinner

## **Bite-Sized Sweet and Spicy Beef Ribs**

Total recipe time: 2-1/2 to 2-3/4 hours

Makes 6 to 8 servings

### **Ingredients**

1. 1-1/2 to 2 pounds boneless country-style beef chuck eye ribs, cut into 2 inch pieces
2. 1 cup mirin
3. 1/2 cup sweet chili garlic sauce
4. 1/2 cup water
5. 1/4 cup agave nectar or honey
6. 1/4 cup light brown sugar
7. 1 teaspoon minced fresh ginger
8. 1 tablespoon fresh lime juice
9. 1 tablespoons reduced-sodium soy sauce
10. Minced fresh chives (optional)

### **Instructions**

1. Preheat oven to 325°F. Combine mirin, water, sweet chili garlic sauce, agave nectar, brown sugar and ginger in stockpot over medium heat stirring occasionally until sugar dissolves. Place beef ribs in stockpot; bring to a boil. Reduce heat; cover tightly. Continue cooking in 325°F oven 1-3/4 to 2 hours or until beef is fork-tender.
2. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil; reduce heat and cook 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally.
3. Sprinkle ribs with chives, if desired. Serve with remaining sauce for dipping, if desired. Ribs can be served on 6 inch skewers or wooden toothpicks.

Notes: Mirin is a low alcohol, sweet wine that can be found in the ethnic aisle of a supermarket. Sweet chili garlic sauce is an Asian condiment made from red chiles, garlic and vinegar and can be found in the Asian section of your grocery store.

the fifth 'taste' also known as meaty or savory. Umami is most commonly found in foods with pronounced savory qualities, such as soy sauce, ripe tomatoes, aged cheeses, and most notably, beef. When any of these umami-rich foods are combined, the resulting

dish is a mouth-watering, delectable trip for your senses. Serve these bite-sized ribs alongside the sweet and tangy sauce for a game-changing appetizer or dish up the ribs full size for a meal to keep your team cheering, "Eat More Beef!" □