

## **Beef Short Ribs with Barbecue Sauce**

Short ribs are a tough cut of meat, but when they are simmered slowly for a long time, they become meltingly tender and have amazing flavour. This version is pretty spicy, but you can always reduce the heat by omitting or reducing the chipotles. Serve it over mashed potatoes or creamy polenta.

Lately, I have seen restaurants serving short ribs in thick strips rather than chunks, which would also work well. I like to use Bull's Eye Original barbecue sauce as a base for this sauce, but you could also use ketchup, tomato sauce or your favourite barbecue sauce.

### Dry rub:

- 3 kg (6 pounds) beef short ribs
- 2 tablespoons smoked paprika
- 2 tablespoons chili powder
- 2 tablespoons brown sugar
- 1 tablespoon ground cumin
- 1 tablespoon dry mustard
- 2 teaspoons salt

### Barbecue sauce:

- 2 tablespoons oil
- 3 onions, chopped
- 8 cloves garlic, chopped
- 2 cups barbecue sauce
- 1 cup beer or red wine
- ¼ cup soy sauce
- ¼ cup brown sugar
- ¼ cup Worcestershire sauce
- 2 tablespoons balsamic vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon pureed chipotle peppers

1. Trim as much fat as possible from the ribs. In a small bowl, combine the paprika, chilli powder, brown sugar, cumin, dry mustard and salt. Rub into the ribs. Marinate for one hour or up to overnight in the refrigerator.
2. Heat the oil in a large Dutch oven or roasting pan on medium-high heat. Brown the short ribs well on all sides (this will probably take at least 10 minutes). Remove from the pan. Discard all but a few tablespoons of fat from the pan.
3. Add the chopped onions and garlic to the pan. Cook for five minutes or until translucent and very fragrant. Add the barbecue sauce, beer, soy sauce, brown sugar, Worcestershire sauce, balsamic, Dijon and chipotles. Bring the mixture to a boil.
4. Place the ribs in the sauce. Cover the top of the ribs directly with a piece of parchment paper and then cover the pan with a lid or foil.
5. Bake the ribs in a pre-heated oven (350°F or 180°C) for 2.5 to 3 hours, or until very tender. Check every hour to make sure there is enough liquid in the pan. If necessary, add water.
6. Transfer the ribs to a serving platter and keep warm. Skim any fat from the sauce. Combine the sauce with the ribs and serve.

Yield: 10 to 12 servings