

September

Grilling Recipes



Ranch-Inspired
Flavors and Foods



Ribs are arguably the pinnacle of the barbecue food chain and carnivores are united in their love of that falls-off-the bone kind of meat. If you're a fan of BBQ, then you can agree that there is nothing more delicious than perfectly cooked ribs. However, many people tend to shy away from cooking them at home. Instead, they go to their favorite local BBQ joint, knowing the ribs there will be perfectly seasoned and fall-off-the-bone tender. And we get it, cooking ribs is a science that can be hard to master.

There are so many ways to make them, you can cook them in almost anything, and you have options in what kind of meat you use. To make it even more confusing, choosing the right meat for ribs is essential because each kind of meat differs in taste, texture, and size. That's why we're here to help! Mike from Carson Valley Meats is an expert when it comes to ribs, so we interviewed him to get his best recipes and secrets for the perfect BBQ ribs.

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Ingredients

3 pounds **Sinclair Family Farm**
Korean Cut Ribs

1/3 cup soy sauce	¼ tsp. cayenne or gochujang
1/3 cup brown sugar	1 medium onion, peeled and quartered
1/3 cup rice wine	8 garlic cloves, peeled
1 tbsp. sesame oil	1 small Asian pear, peeled, cored, and quartered
2 tsp. black pepper	1 1-inch chunk of ginger, peeled
	2 tsp. sesame seeds

Toppings

Lettuce leaves
Sliced red or green hot pepper
Spicy Korean soybean paste for dipping
Steamed rice, optional

Method

1. Rinse short ribs in cold water, pat dry, and place in a wide shallow bowl.
2. In another bowl, mix soy sauce, brown sugar, rice wine, sesame oil, black pepper and cayenne.
3. Put onion, garlic, pear, and ginger in the work bowl of a food processor. Grind ingredients to a smooth purée, then add to soy sauce mixture.
4. Add sesame seeds. Thin with ¼ cup water. Pour marinade over short ribs and mix well. Cover and refrigerate for at least 2 hours, or overnight.
5. Bring to room temperature, drain, and discard marinade.
6. Cook short ribs on a hot grill or under the broiler for 2 to 3 minutes per side, until nicely browned but juicy.
7. Place grilled meat on a platter and serve immediately with lettuce leaves on the side. Accompany with sliced hot peppers, spicy Korean soybean paste and steamed rice, if desired.

Adapted from Cooking with David Tani



The Best Korean-Style Short Ribs Ever

Fall-Off-The Bone

Braised Short Ribs

Ingredients

8 whole **Sinclair Family Farm**
Beef Short Ribs
Kosher salt and pepper, to taste
1/4 cup all-purpose flour
6 pieces pancetta, diced
2 tbsp. olive oil
1 whole medium onion, diced

3 whole carrots, diced
2 whole shallots, peeled and
finely minced
2 cups red or white wine
2 cups beef or chicken broth
(enough to almost cover ribs)
2 sprigs thyme
2 sprigs rosemary

Method

1. Salt and pepper ribs, then dredge in flour. Set aside.
2. In a large Dutch oven, cook pancetta over medium heat until complete crispy and all fat is rendered. Remove pancetta and set aside. Do not discard grease.
3. Add olive oil to pan with the pancetta grease and raise heat to high. Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside. Turn heat to medium.
4. Add onions, carrots, and shallots to pan and cook for 2 minutes. Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook 2 minutes.
5. Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed. Add ribs to the liquid; they should be almost completely submerged. Add thyme and rosemary sprigs to the liquid.
6. Put on the lid and place into the oven. Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes.
7. Ribs should be fork-tender and falling off the bone. Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving.
8. At the last minute, skim fat off the top of the liquid.
9. Serve 2 ribs on bed of creamy polenta, spooning a little juice over the top.

Adapted from The Pioneer Woman

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to learn more about
our Ranch Boxes
and our efforts
to help preserve
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Carson Valley and
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