

Galbi-Jjim (Braised Short Rib)

BY JANE & ED KIM | @THEKOREANMAMA

Galbi Jjim is a very popular Korean dish and often eaten during holidays like Lunar New Year or Chuseok (Korean Thanksgiving). It was also a staple in our household growing up for special occasions for when we would have guests over. You just knew you were about to have a glorious spread of Korean food when that unmistakable aroma of the braised beef wafted throughout the house.

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SERVES: 4

INGREDIENTS

3 lb bone-in beef short rib

Sauce

1 cup water
1 6-ounce pineapple juice
½ medium white onion
½ red apple
5 garlic cloves
4 tbsp minced fresh ginger
1 cup soy sauce
3 tbsp mirin
1 tbsp brown sugar
1 tbsp sesame oil
½ tbsp dashida powder, (Korean beef stock)

Vegetables

1 medium Korean radish, cut into 1-2 inch pieces
1 large carrot, peeled and cut into 1-2 inch pieces
3 green onions, cut into 2-3 inch pieces, plus more for garnish
½ cup peeled chestnuts, (optional)
Korean red chili pepper, thinly sliced, for garnish

INSTRUCTIONS

01 Prep the meat

Using a sharp knife, trim off any excess fat from the short ribs. If the short ribs are thick, cut a slit in the middle of the meat. Rinse the ribs and let sit in cold water for about 30 minutes to draw out excess blood. Drain. TKM tip: You can add 1-2 tablespoons sugar to the water to expedite blood/myoglobin.

02 Blanch the meat

Bring a large pot of water to a boil over high heat. Blanch the short ribs in the boiling water for 5 minutes. Drain in a colander and rinse with cold water to stop the cooking process. Set aside.

03 Make the sauce

1. In a blender, add the water, pineapple juice, onion, apple, garlic, and ginger. Blend on high for about 3 minutes, or until well combined.
2. Strain half of the mixture into a large bowl; store the remaining mixture for another time. Add the soy sauce, mirin, brown sugar, sesame oil, and dashida to the bowl and whisk until incorporated.

03 Combine & cook

1. In a Dutch oven over medium-high heat, add the short ribs and sauce. Bring to a boil, reduce heat, and simmer for about 1 hour 30 minutes, or until short ribs are tender but not falling off the bone.
2. Add the radish and carrot to the short ribs in the pot and cook for about 30 minutes, or until vegetables are tender.
3. Remove the pot from heat. Add the green onions and chestnuts; stir until incorporated

04 Serve & enjoy!

Serve hot with a side of rice.