

Korean Beef Short Ribs

INGREDIENTS

- 4 lbs. beef short ribs
- 1/2 cup raw honey
- ¹/₂ cup coconut aminos
- ½ cup water
- ¼ cup white wine vinegar
- 1 Asian pear, peeled and finely grated
- 4 tbsp. garlic, minced
- 2 green onions, thinly sliced
- Freshly ground black pepper

DIRECTIONS

- 1. In a bowl, make the sauce by combining everything but the short ribs. Season with freshly ground black pepper to taste.
- 2. Place the short ribs in a marinating container (glass or plastic) and cover with the sauce. Refrigerate for at least 4 hours and up to 24 hours.
- 3. Preheat your oven to 300 F.
- 4. Place the ribs in a Dutch oven with the marinade.
- 5. Roast in the oven until cooked through and tender, about 2 hours.

BIOMETRIX

6. Transfer the ribs to a serving platter and serve.