JAMAICAN

Brown Stew Short Ribs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**5**	**20 min + 2 hr marinating**	**2 hr 30 min**	**Stew**	**Braising ribs**

Ingredients

- 1.5 kg (3⅓ lb) beef braising ribs, in 5 cm (2 in) pieces
- 1½ tsp salt
- 1 tsp black pepper
- 1 tbsp browning sauce (or 1 tbsp brown sugar, see Notes)
- 1 tbsp soy sauce
- 1 tsp allspice (pimento), ground
- 6 cloves garlic, minced
- 1 onion, chopped
- 4 scallions, sliced
- 4 sprigs fresh thyme
- 1 scotch bonnet pepper, left whole (or habanero)
- 2 tbsp neutral oil
- 2 tbsp ketchup
- 500 ml (2 cups) water or beef stock
- 2 carrots, cut in chunks
- 2 potatoes, cut in chunks (optional)

Steps

1. Toss the ribs with the salt, pepper, browning, soy sauce, allspice, garlic, onion, scallions and thyme. Leave in the fridge for at least 2 hours, or overnight.
2. Scrape most of the seasoning off the ribs and set it aside. Heat the oil in a heavy pot over medium-high heat and sear the ribs for 3 to 4 minutes per side, until dark brown.
3. Add the reserved seasoning and the ketchup. Cook for 2 minutes, stirring, until it smells toasty.
4. Add the water, scotch bonnet and bring to a boil. Cover and stew over low heat for 1 hour 45 minutes, until the meat is almost tender.
5. Add the carrots and potatoes. Cook, covered, for 30 minutes, until soft.
6. Uncover and simmer for 5 to 10 minutes, until the gravy is dark and thick enough to coat a spoon. Remove the scotch bonnet before it bursts.
7. Taste and adjust salt. Serve with rice and peas.

Notes

- **Browning:** if you have no bottled browning, melt 1 tbsp sugar with 1 tbsp oil until dark brown before searing.
- **Heat:** the whole pepper adds fragrance with moderate heat; split it for fire.
- **Make ahead:** it reheats beautifully the next day. Fridge 3 to 4 days; freezes 3 months. Reheat to steaming hot.
- **Slow cooker:** sear as written, then cook everything on low 8 hr or high 4 to 5 hr with only 250 ml (1 cup) stock. Simmer the gravy uncovered on the stove until thick.