



CHEF'S EXPRESSIONS
fashionable catered events

Star Anise Short Ribs

by Jerry Edwards, CPCE

The rub:

3 tbsp light brown sugar

2 cloves garlic

1 tsp salt

½ tsp cracked black pepper

½ tsp chipotle powder

4-6 short ribs with bone

2 tsp olive oil

3 cups beef or chicken stock

5 pieces star anise

Mix together the first 5 ingredients in a mortar and pestle. Rub on the ribs coating liberally.

In a roasting pan with a thick bottom, sear the ribs on all sides in olive oil. Add stock to cover halfway up the ribs. You should have some stock left to add if it evaporates during cooking time. Cover loosely with a lid or foil with a small opening for steam to escape. Place in a preheated 275 degree oven for 2 hours. Check every 20-30 minutes to make sure there is still stock. Serve over polenta, rice or pearl shaped pasta.