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## RECIPE OF THE WEEK

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# Orange & Lime Braised Short Ribs

Braising is the best way of getting juicy, tender, succulent, fall-off-the-bone beef and it lends itself to many cooking styles from Italian to Chinese. If you have an AGA or slow-cooker you can brown

*1 teaspoon coriander seeds*  
*1 teaspoon cumin seeds*  
*6 fresh chillies approx 100mm long, or 1*  
*teaspoon crushed red pepper flakes, plus 1 chile,*  
*for serving*  
*4 sprigs oregano*  
*4 wide strips orange zest, plus some thin strips*  
*for serving*  
*Trapani sea salt and freshly ground black pepper*

Season the ribs with salt and pepper then place in an oven tray and chill uncovered for at least 2 hours or preferably overnight.

Preheat oven to 160°C. Heat the olive oil in a wide heavy bottomed casserole on medium heat. Brown the ribs in batches about 5 minutes per

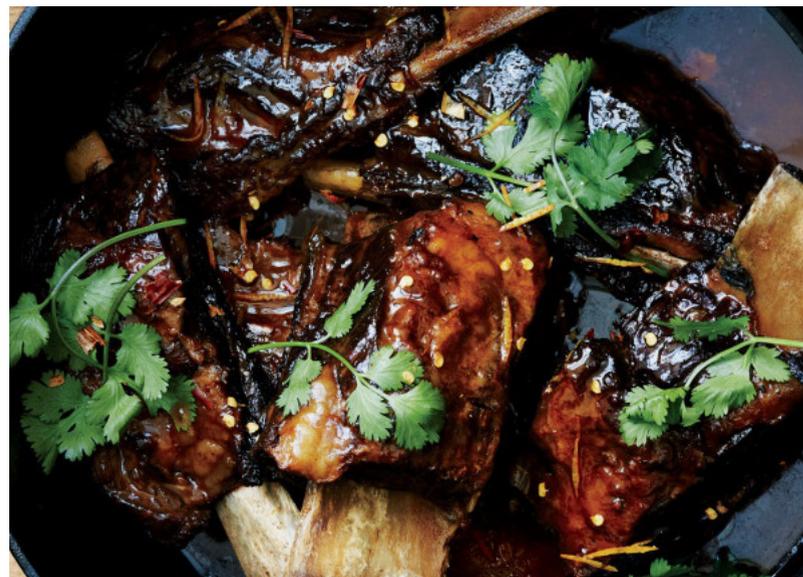
side. Transfer to a platter and drain off the fat between batches.

Pick out any burned bits but leave the golden-brown pieces to stop the finished sauce from tasting bitter. Add the chopped onions, garlic, celery, carrots, tomato paste, coriander seeds, cumin seeds and chillies. Season and stir to coat. Bring up the heat, stirring continuously 10–12 minutes until vegetables have softened and tomato purée has darkened and spices release their fragrance.

Deglaze the casserole with the orange juice then add a few sprigs of oregano, some wide strips of orange zest and water to cover. Add the ribs and meat juices and cover with water then stir.

Cover and braise ribs in a low oven or slow-cooker until meat is tender and falling off the bone which should take 4–5 hours.

When you can remove the bone with your fingers gently transfer the ribs to a platter and keep warm. Strain braising liquid into a large bowl, then reduce in by half until thickened then coat the ribs. To serve, drizzle short ribs with remaining orange juice and a squeeze of limes plus a sprinkle of finely chopped fresh chilli. Garnish with finely coriander and orange zest. Serves 8.



the ribs and toss the lot into a casserole and have dinner ready for when you get home.

*8 beef short ribs (about 2.7kg) extended*  
*forefinger to thumb length*  
*2 tablespoons olive oil*  
*2 medium onions, chopped*  
*juice of 4 oranges*  
*2 limes, halved*  
*1 small bunch of coriander leaves*  
*2 heads of garlic, halved crosswise*  
*4 celery stalks, chopped*  
*2 medium carrots, peeled, chopped*  
*2 tablespoons tomato purée*

To download this recipe go to [www.squisito-deli.co.uk](http://www.squisito-deli.co.uk)

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