

Orange-Glazed Short Ribs With Rice & Peas (for 4)

SOURCE: Crockpot Cooking

Chapter: National Cattlemen's Beef Association

Prep Time: 20 minutes

Cooking Time: 7-1/2 to 8-1/2 hours

INGREDIENTS:

1 large orange
1 C thick teriyaki baste & glaze sauce
1/2 C water
2 garlic cloves, crushed
1/2 tsp pepper
2 1/2 lbs boneless beef chuck short ribs, trimmed/cut into 2x2x4" pieces
1 C uncooked long grain rice
1 C frozen peas
1 tsp dark sesame oil
2 tsp cornstarch, dissolved in 1 TBS water
Toasted slivered almonds or sesame seeds (optional)

DIRECTIONS:

With vegetable peeler or small, sharp knife, remove 3 3-inch-long strips, each about 1 inch wide, from the orange. Take care to remove only the zest, (the colored part of the rind) not the bitter white pith. Reserve the orange. In small bowl, combine orange zest, teriyaki sauce, water, garlic & pepper. Whisk/mix.

Put ribs in a slow cooker. Pour teriyaki mixture over them, cover & cook on LOW 7 1/2 - 8 1/2 hours, or till beef is tender. (No stirring needed during cooking) About 15 minutes before end of cooking, prepare rice according to package directions. Stir in peas, cover & keep warm.

Squeeze juice from reserved orange to yield 1/2 C. If not enough juice, squeeze another orange or add constituted orange juice to equal 1/2 C. Remove beef from cooking liquid & set aside, covered, to keep warm.

Glaze: strain cooking liquid into bowl. Skim off fat & transfer 1 C of the liquid to a saucepan - discard remaining. Add orange juice, sesame oil & dissolved cornstarch. Bring to boil & cook, stirring (about 1 minute or till thickened & bubbly).

Serve ribs atop rice, with glaze spooned over them. Garnish: slivered almonds.