

# Crock Pot Short Ribs



OK fans, THIS should be your new favorite holiday dish. I don't care what you celebrate, we all celebrate deliciousness. There's a little prep work involved, but it is worth every juicy morsel. I am making this dish for the upcoming Jewish New Year... and perhaps Halloween. Thanksgiving. Christmas. And an early happy Valentine's Day to me.

Since the beef is the focal point of the entire meal, I wanted to make sure I had quality beef and plenty of it. I bought six short ribs equally just over three pounds. That sounds like a lot, but you have to take into account the bones. We each ate two ribs at dinner. You can adjust the serving size as needed. I served my meat with green beans tonight and that's eat. I mean, it. I'm still thinking about eating those short ribs!

Marinating the meat is essential to get the flavors going and the apples to break down and tenderize the beef. I soaked mine for 24 hours— you could do as little as 6-8 hours, but I wouldn't go much more than a full day.



I first tried to fit everything into a gallon size bag, but that was a futile effort. You could use a bowl or storage container. I like to keep these [HUGE bags](#) on hand exactly for this type of need. Whatever you use needs to fit back into the

refrigerator, don't forget that detail!



Crock Pot Short Ribs is one of the only recipes where I braise the meat before I put it into the crockpot. The flash of heat helps caramelize the flavors quickly and seal in the juices. It's worth the extra step, trust

me! It's also necessary in my house to open the windows or disarm the smoke detector when braising. Something about that quick heat and sugar causes some excess "fog" in the air—that's what my kids call it, cooking "fog"!



When you are braising the meat, make sure you save the juices and marinate from the bag or container— that goodness goes straight into the crock pot. Do not dump it out! Once the meat is done braising, you just gently place the meat on top of the sauciness and let it

continue its cooking all together.

Yes, there are more steps to this dish, but the end result is soft and juicy and smiles all around. And isn't that the point of holiday meals?!

Happy everything to you. I hope you enjoy this dish and everything you celebrate throughout the year.

Crock Pot Short Ribs

Serves 3 (Double or triple the recipe as needed!)

3 lbs beef short ribs, bone IN

1 c. shredded sweet onion

2 medium gala apples, shredded (skin on)

1 inch fresh ginger, peeled and then shredded

8 cloves garlic, whole

5 stalks green onion, cut the greens only into 2 inch strips

1/2 c. soy sauce

1/4 c. Mirin or rice wine

3 T. sesame oil

3 T. honey

1/4 c. sugar

Begin by shredding onions, apples and ginger and put into [large bag](#) or bowl. Add garlic cloves and green onions. Add remaining ingredients (except ribs) and combine well. Add beef short ribs and massage marinate onto all sides of meat. Cover bowl tightly or seal bag and refrigerate for up to 24 hours. When you are ready to proceed, remove ribs from marinate and put everything else into the crock pot. Heat pan on high and then braise all sides of short ribs quickly, but do not cook through. Add ribs to mixture already in crock pot, cover and cook on high for 3-4 hours or low for 4-6 hours.



The meat will pull away from bones when it is soft and ready.

Serve bone-in with extra juice. The whole cloves of garlic will taste amazing- do not throw them out- spread them on bread or eat like candy!

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## Crock Pot Asian Mushrooms



With a change of sauce and topping, these mushrooms went from the ground to being great!

Well fans, I told you I made variations to two of my recipes and I finally have a minute to share. The first variation was for [crock pot asian meatballs](#) and this was the side dish I made to go with it! I've been trying to do some Asian-inspired dinners that don't involve me picking up the phone and ordering fried, fried, sauced and steamed. I also wanted this dish to still be kid-friendly for picky eaters. So I took my favorite [crock pot sassy meatballs](#) and changed it's regional origin and then took my [crock pot garlic mushrooms](#) and added a different sauce and topping!

I learned from a Korean friend of mine that I can make a very

basic sauce out of three ingredients, put it on almost anything, and it will taste awesome. And indeed, she was right! I'm also convinced that mushrooms can taste good covered in just about anything.

So I pretty much made these mushrooms according to the original recipe but without all of the seasonings. Add the sauce and sprinkles and be good to go!

### Crock Pot Asian Mushrooms

serves 8 as sides

2 lbs white mushrooms, cleaned, stems removed, and quartered

1/4 lb. butter (one stick)

2 T. minced garlic

1 t. onion powder

1/2 t. salt

1/2 t. black pepper

Sauce:

1 T. sesame oil

1 T. soy sauce

1 clove minced garlic

Topping:

1 T. roasted sesame seeds

Put mushrooms in crock pot first, then all of the seasonings and garlic. Put the stick of butter on top as the last step and then put the lid on. No mixing is necessary. Do not add sauce yet. Cook on low for 5-6 hours. Combine the three sauce ingredients in a separate bowl. Remove the mushrooms using a



slotted spoon and then toss in the sauce just before serving. If you wish, you can decorate the mushrooms with the roasted sesame seeds just before serving.

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## Crock Pot Hot and Sour soup

I had three reasons for creating crock pot hot and sour soup this week...

1. Chinese New Year was on Monday and I forgot to order takeout.
2. I've been trying to do at least one meatless meal each week.
3. Hot and sour soup is amazing for clearing up a stuffy nose and a winter cold!



As with all my soups, I like more “stuff” than “broth” so my hot and sour soup is more crowded than what you get at a Chinese restaurant, but I think you’ll like this as a full meal and not just an appetizer. Plus, it can be made completely vegetarian and I think it’s gluten-free, so this is a great dish if you are cooking for people with food limitations.

If you didn’t get a chance to celebrate the Chinese New Year either, then whip up a quick batch of this hot and sour soup

to start the year out like a fire-breathing dragon! (but you don't need to make it that spicy if you don't want!)

3 oz. shiitake mushrooms (I bought a 6 oz. jar of mushrooms in liquid and used half)

2 cups baby carrots, quartered

3 medium green onions, sliced

3 cups bok choy, chopped

4 c. low-sodium chicken broth

1/3 c. rice vinegar

1 T. soy sauce

1 t. ground ginger

1 t. sesame oil

2 t. sriracha sauce (Asian red pepper sauce, also sometimes called rooster sauce)

1 package extra-firm tofu, drained and cut into half-inch cubes

Put all ingredients EXCEPT TOFU into crock pot and stir into mixed. Cook on high for 3-4 hours (or until carrots are soft enough) then add cubed tofu and cook for one more hour.