

September 15, 2014 // **BEEF**

48 Hour Short Ribs with Pomegranate Sauce

👁 1.4K ❤ 1 💬 0



...and Pickled Brussels Sprout Slaw

Courtesy of Amy Kritzer (author [What Jew Wanna Eat](#))

Serves 2 to 4 (multiplies easily)

INGREDIENTS

- 2 pounds (.9 kg) bone in short ribs

GOURMET SOUS VIDE COOKING

New 11L TOUCH+ with WIFI



SHOP NOW

Free Shipping

outs

egranate juice, covered and refrigerated, for 24

r oven to 146F/63.5C.

juice.

Pat the ribs very dry with paper towels, season them with salt and pepper to taste, and vacuum seal them in cooking pouch(es) in a single layer.

RECIPE CATEGORIES

Submerge the pouch(es) in the water oven to cook for 48 hours.

Meanwhile, sometime while the ribs are cooking, whip up some quick pickled sprouts as

follows:

Appetizers

1. Combine the vinegar, sugar, salt, and garlic in a medium saucepan over high heat.

Barbecue

2. Cook the mixture until the sugar has dissolved; pour it over the shaved sprouts; let cool.

Beef

3. Transfer to a clean container, cover, and refrigerate.

Cheese

To finish

Cocktails & Beverages

Desserts

1. Once the ribs are cooked to perfection, make the sauce:

Eggs / Breakfast Foods

1. Open the pouch and strain the liquid from the cooking pouch into a small saucepan. -Add the remaining pomegranate juice and bring to a simmer.

Fish and Seafood

2. Reduce the sauce to $\frac{1}{4}$ its volume.

Fruits

3. Season with salt and pepper and keep warm.

Game

2. Heat a dry pan to high heat on the stovetop. Sear the ribs to add a nice crust, toss in the sauce to coat.

Gourmet

3. Serve with the sprout slaw and a garnish of parsley and pomegranate arils.

Ideas & Inspiration

Lamb

Share This Recipe with Friends!

Poultry

Pork

Salads

#AmyKreitzer

#Brussels sprout slaw

#short ribs

#sous vide

#sous vide cooking

Sauces

#sous vide machine

#Sous Vide Recipes

#sousvide

#SousVide Supreme

Side Dishes

#Whatjewannaeat

Soups & One Pot Meals

Tips & Tricks



Vegetarian

PREVIOUS POST



Super Crispy Chicken Thighs – Nom Nom Paleo
FROM THE BLOG

Sous Vide Compression: Squeeze Me Sweet

AUGUST 11, 2015

NEXT POST

An Interview with Rebecca Gwynne: UK Food Blogger and Busy Mum

Korean Pork Ribs Sous Vide

MAY 26, 2015

6 Spring Vegetables to Cook Sous Vide

APRIL 21, 2015

You May Enjoy

Interview: Chef Elise Wiggins, Panzano

MARCH 18, 2015

10 Sous Vide Love Potions to Win Any Heart

FEBRUARY 10, 2015

12 Winning Sous Vide Super Bowl Snacks

JANUARY 27, 2015

<

>

California Princess Roll – Paleo Sushi

March 13, 2013

Slap Yo Daddy's Sous Vide Beef Rendang

July 24, 2013

Leave a reply

Default Comments (0)

Your email address will not be published.

Comment



Name

Email

Website

POST COMMENT

