



All for the Beef

Prep 15 mins
Cook 25 mins
Yields 4 servings

Pineapple-Glazed Beef Miami Ribs



Shopping List

Beef Miami or Korean-cut short ribs
 Unsweetened pineapple juice
 Brown sugar
 Garlic cloves
 Ginger root
 Dried thyme
 Hot chili pepper flakes



Ingredients

2 cup (500 mL) unsweetened pineapple juice
 ¼ cup (50 mL) soy sauce
 2 tbsp (30 mL) packed brown sugar
 2 cloves garlic, sliced
 1 inch (2.54 cm) ginger root, peeled and thinly sliced
 ½ tsp (2 mL) dried thyme
 Pinch hot chili pepper flakes
 2 lb (1 kg) beef Miami or Korean-cut short ribs

Instructions

1. Combine pineapple juice, soy sauce, sugar, garlic, ginger, thyme and chili pepper flakes in large sealable freezer bag. Add ribs, turning to coat with marinade. Place on plate and refrigerate for at least 8 hours or up to 24 hours. Reserving marinade, remove ribs and set aside.
2. Bring marinade to boil in medium saucepan over high heat. Reduce heat to medium; boil for 15 to 20 minutes or until reduced to about 1 cup (250 mL).
3. Grill ribs using medium-high heat for 6 to 10 minutes, turning often and basting with reduced marinade, until browned and tender. Serve with grilled sliced pineapple if desired.

