



## 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.

