

Braised Short Ribs in Adobo Sauce with Spinach



Makes:

8 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Adobo is a popular dish in the Philippines made with meat, seafood, chicken and/or vegetables that is cooked with spices, vinegar, soy sauce, salt and herbs. There are countless variations for the preparation of Adobo; coconut milk and fresh lime juice bring a sweet and tangy richness to this version.

4 - 5 pounds
beef short ribs, cut into 8 pieces
(1.8 - 2.3
kg)
½ teaspoon
natural salt
(3
g)
½ teaspoon
black pepper, ground
(1
g)
15 ounces
lite coconut milk
(445
mL)
3 cups
beef or chicken stock, low sodium
(710
mL)
⅓ cup
low sodium tamari or natural soy sauce
(80
mL)
1 cup
rice wine vinegar
(240

mL)
 2 bay leaves
 ½ - 1 teaspoon
 roasted red chili paste (depending on how spicy you want it)
 (2 - 4
 g)
 ⅓ cup
 shallots, shredded, use Cone #1
 (53
 g)
 4 tablespoons
 garlic, shredded, use Cone #1
 (40
 g)
 1 pound
 baby spinach
 (454
 g)
 1 lime, cut into 8 wedges
 chopped cilantro for garnish

Directions:

1. Preheat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes.
2. While pan is preheating, trim off excess fat and silverskin from short ribs. Lay out on a plate and pat off excess moisture with paper towels. Season short ribs with salt and pepper on all sides.
3. Place seasoned short ribs in pan and press down gently. The meat will sear and stick to the pan. Place cover on pan, slightly ajar, and cook until short ribs are browned on all sides; this will take approximately 30 - 40 minutes, turning pieces of meat over during cooking process so they are evenly browned. Remove browned meat and drain off excess fat from pan.
4. Combine coconut milk, stock, tamari, rice vinegar, bay leaves and chili paste in a small bowl and stir to combine.
5. Place pan back on heat, and add shallots and garlic. Sauté for a few minutes until softened and lightly browned.
6. Place browned short ribs back in pan, pour coconut milk mixture over ribs and cover.
7. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for approximately 2 ½ hours.
8. When meat is tender, remove from pan and place in dish to keep warm. Skim excess fat from the top of the sauce with a small ladle. Taste and add seasoning as necessary.
9. Return short ribs to pan to keep warm.
10. Add spinach to pan right before serving to wilt in hot sauce.
11. To serve, place 1 - 2 pieces of short ribs in bowl and pour sauce with wilted spinach over the top. Sprinkle with cilantro and place one wedge of lime on side of bowl to squeeze juice on top.

Tips:

- Substitute rice wine vinegar for apple cider vinegar or coconut vinegar.
- Add additional vegetables during the last 20 minutes of cooking; carrots, potatoes, sweet potatoes, and string beans are all delicious additions.
- Substitute beef short ribs for beef stew meat or bone-in chicken thighs and breasts; cooking time will vary.
- Serve short ribs and sauce with rice, rice noodles, quinoa or your favorite cooked grain.

Nutritional Information per

Serving

Calories: 476

Total Fat: 27g

Saturated Fat: 13g

Cholesterol: 134mg

Sodium: 1131mg

Total 20g

Carbs:

Dietary Fiber: 2g

Sugar: 1g

Protein: 48g

Nutritional analysis calculated using 4 pounds beef short ribs