

All for the Beef Miami Ribs

**Prep** 15 mins Cook 25 mins **Yields** 4 servings



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.



## Pineapple-Glazed Beef Miami Ribs



A sticky Hawaiian-style glaze gives the beef ribs a spicy-sweet flavour in this recipe.

Miami or Korean-style ribs are thinly sliced beef short ribs. Ask the butcher to cut beef short ribs crosswise into  $\frac{1}{4}$  inch (5 mm) thick slices.

A good source of Iron (21% RDI) and an excellent source of Zinc (71% RDI).

Nutrition Facts per serving				
Amount				
Calories	563			
Protein	26 g			
Fat	39 g			
Carbohydrate	27 g			

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Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/pineapple-glazed-beef-miami-ribs/