



### **Asian Braised Coconut Curry Short Ribs**

*Recipe inspired by Chef Andre Natera*

#### **Asian Braised Short Ribs**

2-1/2 pounds beef short ribs  
2 Tablespoons avocado oil  
1 (each) fresh lemon; fresh lime, zest and juice  
1/3 cup soy sauce  
32 ounces beef stock

#### **Coconut Green Curry Sauce**

2 Tablespoons avocado oil  
3/4 cup minced onion  
2 shallots, peeled, sliced  
3 Tablespoons green curry paste (purchased or see attached recipe-page 3)  
1/2 cup chicken stock or as needed  
1 (13 oz.) can coconut milk  
1 large fresh lime, zest and juice  
1 bay leaf  
1 Tablespoon granulated sugar  
2 Tablespoons fish sauce

**Short Ribs:** Preheat oven 300 degrees F.

If ribs are in one piece, cut in half lengthwise to fit into cooking pot.

Place oil in a large Dutch Oven pot, sear beef short ribs over medium high heat until well caramelized on both sides. Add lemon and lime zest and juice, soy sauce, and beef stock. Cover pot; place in 300 degrees F. oven to braise for 1 hour.

**Coconut Curry Sauce:**

1. In a Dutch oven pot or large pot add oil, sauté onions and shallots until well browned. Add the curry paste and brown slightly while constantly stirring then add the chicken stock and coconut milk, lime zest and juice, bay leaf, sugar, and fish sauce; bring to a boil; reduce heat to low, simmer 30 minutes; strain sauce, remove and discard bay leaf; set onions and shallots aside in small bowl; cover; place in the refrigerator.
2. Remove Dutch oven pot from oven; pour coconut curry sauce over short ribs; cover pot. Return to 300 degrees F oven for 2 more hours. If meat isn't falling apart tender, bake for 1 hour longer or until meat is very tender.
3. When cooked to desired doneness, remove meat and bones from the liquid; set aside to stay warm. You will have about 2-1/2 cups of liquid.
4. Remove the fat from the liquid with a fat separator; in a safe container, discard the excess fat. If desired, make a light gravy sauce. (Use 1-1/2 Tablespoons all-purpose flour for a light gravy sauce or 2 Tablespoons flour for a thick gravy for every 1 cup cool meat drippings.) Cook in medium sized saucepan, stirring until thickened as desired.

**Our Serving Suggestion:** I made a light gravy-like sauce and served it over 14.2 ounces Udon noodles. I stirred in the reserved cooked onions and shallots, 1/2 cup chopped cilantro; 1/3 cup sliced hot red sweet peppers, and 1/4 cup minced chives, and stirred in some of the gravy sauce. I added a garnish of lemon slices and a Thai basil sprig.

**Cook's Note:** The total baking time for our short ribs was 4 hours. I prepared the meat on one day, chilled it in the refrigerator, and then prepared the remaining noodles and gravy for dinner the next day.

**Recipe Inspired by Chef Andre Natera,** for his original recipes for Thai Green Curry with Braised Short Ribs see:

<https://www.nbcdfw.com/entertainment/the-scene/chef-andre-nateras-thai-green-curry-with-braised-short-ribs/1920748/>

**About the Recipe:** Asian Coconut Curry Short Ribs are deliciously tender with an amazing light curry flavor. They slowly braise in a small amount of broth and later are infused with the curry flavored cream sauce. The gravy-like sauce enhances any side dish like stir-fry noodles or rice with amazing flavor. Add your favorite add-ons to create a colorful complete dinner.

**About the Chef:** Executive Chef André Natera has developed a food philosophy stressing a fresh approach to cooking with refined flavors that are familiar and enjoyable. In addition to top honors from Le Cordon Bleu School of Culinary Arts Portland, Chef Natera continued his culinary education through the years with various food certification programs, including a Techniques of Healthy Cooking program in St. Helena, California. It was at that time, that the fresh market concept began, and he drew his inspiration from Mother Nature, making his food fresh, simple, and approachable. The opportunity to procure a vast amount of locally sourced ingredients is a motivating factor for Chef Natera to establish relationships with local purveyors and farmers. He recognizes that local purveyors can provide him with more than just ingredients - he can learn from them about new unfamiliar products and about the current landscape of produce. He also received the Dallas Morning News Rising Star Chef award in 2003. For More Information See:

<http://www.fairmontmoments.com/food-drink/chef-bios/executive-chef-andre-natera-at-the-fairmont-dallas>

**How to Make Green Curry Paste** Recipe from Chef Andre Natera  
*Serves 4 (With reserved curry paste for the future)*

**Green Curry Paste**

1 Tbsp Coriander Seeds  
2 tsp Cumin Seeds  
1 tsp Black Peppercorns  
½ cups Cilantro Stems and leaves  
1.5 tsp Kosher Salt  
½ cup Lemongrass minced  
¼ cup Garlic chopped  
¼ cup Shallots  
2 tbsp Galangal or ginger  
1 tbsp Lime Zest  
½ cup Green Thai Chili  
2 tbsp Shrimp Paste  
3 tbsp Canola Oil

**Directions:**

Place all ingredients in a blender and pulse several times scraping down occasionally and continue blending to achieve paste like consistency.