

## Short Rib

Until recently I had never used short rib, so I started experimenting with different cooking methods; this recipe I developed using my magic spice. It tastes really nice in a stew, but this is my favourite way to use it. This is a very low effort dish to make, using just the meat with a few extra ingredients in the pot, then into the oven for a few hours. Short Rib works great served with cauliflower rice, fried cabbage, or veggie side of your choice.



### Ingredients:

- 700g short rib (cut into cubes)
- 1 Tbsp olive oil
- 1 tsp crushed garlic
- Magic spice
- Salt & pepper
- Tinfoil

### Directions:

1. Place the short rib in an oven safe pot with a lid. Pour the olive oil over the meat, add the garlic, salt, pepper, and the spice. I usually use about a tablespoon, but go with what looks right to you. Mix well with a wooden spoon.
2. Place a piece of tinfoil over the pot and fold over the sides of the pot to create a seal. You don't add any liquid to this dish (other than the small amount of oil) because short rib is a very fatty cut of meat and the goal here is to cook the meat in its own fat.
3. Put the lid on the pot, over the tinfoil, to make sure it's airtight. Place the pot in the oven at 160C/320F and leave it for 2 hours. I don't usually preheat the oven for mains that are in there for a while
4. Remove the pot from the oven and make sure that the meat isn't drying out. If you feel it is, lower the oven temperature and add some more olive oil. Replace the tinfoil and cook for another 2 hours. The trick here is to cook this on low heat for a long time, keeping as much of the liquid in the pot as possible. I've done this so many times I don't check at the halfway mark anymore.
5. The meat should be juicy and falling off the bone. Enjoy!

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