

English Sweet and Sour Ribs

written by The Recipe Exchange | June 9, 2016

Ingredients

3 lb. beef chuck short ribs *
3/4 cup unbleached all-purpose flour
2 tsp. seasoned salt
1 tsp. pepper
1/2 cup cooking oil
2 cups sliced onion
1-1/2 cups hot water
9 tbsp. dark brown sugar
1/3 cup ketchup
1/4 cup red wine vinegar
2 cloves garlic, minced
2 lg. bay leaves

Directions

Trim excess fat from short ribs. Combine flour, seasoned salt and pepper; dredge short ribs. Brown ribs in oil on all sides in Dutch oven. Remove meat from pan. Add onions and cook until golden brown. Place ribs on top of onions. Combine water, brown sugar, catsup, vinegar, garlic and bay leaves; pour over ribs. Cover and bake at 350°F for 2-1/2 hours. Remove bay leaves before serving.

* Short ribs should be meaty and cut in the English cut.