



The Edible Garden

Recipe of the week: Get Out and Grill Weekend, June 19-20

Barbecued Short Ribs of Beef

By: Daisy Martinez, host of Food Network's *Viva Daisy!*
and author of *Daisy: Morning, Noon and Night!*

Makes 8 servings

Ingredients

4 pounds of beef short ribs, cut across the ribs into 1 ½ inch thick slices (see Note)
Kosher or fine sea salt and freshly ground pepper
2 tablespoons red wine vinegar
Chimichurri for serving (see recipe below)

Instructions

- Trim any surface fat from the ribs. Rub all surfaces of the meat generously with salt and pepper. Put the ribs into a large baking dish that fits them all in a single layer. Drizzle the vinegar over the ribs and turn them over so they are vinegared on both sides. Let the ribs marinate, turning them occasionally at room temperature for up to 1 hour or in the refrigerator for up to 4 hours. (This longer marinating time may make the surface of the ribs turn grayish-white in spots. That is fine and the discoloration will disappear when they are grilled.)
- Heat a gas grill to medium high or build a strong charcoal fire. Grill the ribs, turning them once, until well browned, even charred here and there, about 6 minutes per side. The ribs should be just a touch rarer than medium—anything less and they will be very chewy. Let them rest 4 to 5 minutes before serving.
- **Note:** The thickness and the cut is key to enjoying short ribs on the grill. The ribs must be cut across the bones (usually 3 or 4 bones) *not* in between them. This kind of cut for short ribs is sometimes referred to a “short ribs for flanken.” Also, the ribs should be cut as close to 1 ½ inches thick as possible—any thinner and they will overcook by the time the outside is well seared, any thicker and the surfaces will overcook before the centers reach medium rare.

For the Chimichurri (Parsley-Garlic Sauce for Steak)

Makes about 1 cup

Ingredients

4 cups flat-leaf parsley leaves (from about 1 large bunch parsley)
6 cloves garlic
½ to ¾ cup extra virgin olive oil
¼ cup red wine vinegar
Kosher or fine sea salt and freshly ground black pepper
1 heaping tsp. red pepper flakes, optional

Instructions

- In a food processor, pulse the parsley and garlic until finely chopped. Scrape into a bowl and stir in ½ cup olive oil and the vinegar. Stir well and taste: if it is too tart, add as much of the remaining olive oil as you like. Season with salt and pepper to taste. Add the red pepper flakes, if using, for a spicy chimichurri. The chimichurri may be made up to 2 days in advance and refrigerated. Bring to room temperature before servings.

Tip: Resist the temptation to plunk all the ingredients in the food processor and whirl away. That will turn this into a bright green, homogenous sauce instead of what it should be: a tart, garlicky vinaigrette enriched with loads of parsley.

A Stitch in Time: Double the recipe; it will keep in the refrigerator for up to 5 days. It is delicious on everything from plain white rice and boiled potatoes to hamburgers and sautéed salmon steaks.