

Braised Ribs (from Tom Danyk, GM at O'Keefe ranch)

4 to 5 lbs beef short ribs cut in 3 inch lengths

2 chopped onions

4 teaspoons of butter

1 1/2 cups of barbecue sauce (this depends on how much you like BBQ sauce)

4 tablespoons Soya sauce

2 1/2 tablespoons vinegar

2 1/2 tablespoons brown sugar

Cook ribs in oven at 475 F or 250C for about 15 minutes then put into the crock pot. Sauté the onions and then add the BBQ sauce, Soya sauce, vinegar and brown sugar. Mix this really well and cook over a low heat for about 2 to 3 minutes. Pour this over the ribs cover and cook on the low setting for eight hours.

I serve this with pan fried potatoes along with baby carrots and corn mixed together and sometimes I have a side of my very hot tasting baked beans just to get your attention.

This meal goes great with a nice dark beer served in a frosted glass (but not Guinness) because it's too heavy. I highly recommend Bear Paw or Mt. Begbie (which is a small cottage brewery out of Revelstoke).

