

Slow-Cooked Moroccan Short Ribs

Servings : 4

Amount	Measure	Ingredient - Preparation Method
		rub
2	teaspoons	ground cinnamon
2	teaspoons	ground ginger
1	teaspoon	ground cumin
1	teaspoon	ground tumeric
1	teaspoon	salt
		ribs
2 1/2	pounds	short ribs
1	tablespoon	olive oil
3 1/2	cups	low sodium beef stock
3		carrot - 2" chunks
10		baby red or yukon gold potatoes
1/2		onion - cut in half, root intact
2	tablespoons	honey
1	teaspoon	red pepper flakes
6	tablespoons	all-purpose flour
1/2	cup	dried apricot
2	teaspoons	lemon juice

Combine rub ingredients and rub into ribs, coating all sides.

Sear the ribs in olive oil over high heat, until all sides are browned, about 7-10 minutes. Transfer the ribs to a slow cooker, pouring off any excess oil from the pan. Deglaze the pan with 3 cups beef stock, scraping brown bits. Pour over ribs.

Add carrots, potatoes, honey, red pepper flakes and onion to the slow cooker. Simmer the ribs on high heat until they are fork tender, about 3.5 hours.

Discard onion and strain fat from surface.

Whisk flour and 1/2 cup beef stock together and slowly stir in slow cooker. Add dried apricots and simmer for another 1/2 hour, until thickened. Stir in lemon juice before serving.