



Jerk and Honey Glazed Beef Short Ribs

Yield: 6 servings

| INGREDIENTS | MEASUREMENTS |
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| Olive oil | 2 Tbsp |
| SupHerb Farms Fresh Frozen Salsa Blend | 3 Tbsp |
| SupHerb Farms Fresh Frozen Jamaican Jerk Seasoning Paste | 3 Tbsp |
| Honey | 4 Tbsp |
| Water | ¼ cup |
| Corn starch | 1 tsp |
| Beef short ribs, large, slow cooked | 3 lbs |
| Salt and pepper | To taste |

JERK AND HONEY GLAZE PREPARATION

1. Add oil to a large sauté pan and heat on medium to high until oil smokes.
2. Add SupHerb Farms Fresh Frozen Salsa and Jamaican Jerk Seasoning. Stir well.
3. Add honey and water and bring to a boil.
4. Add corn starch and 2 Tbsp of the jerk and honey glaze to a bowl. Blend well and add back into the sauté pan.
5. Cook for 1 minute until the sauce thickens.
6. Remove sauce from the pan and place in a bowl. Set aside and allow to cool to room temperature.

BEEF SHORT RIB PREPARATION

1. Preheat oven to 285° F.
2. Season slow-cooked beef ribs with salt and pepper.
3. Add olive oil to a large black skillet and heat on medium-high. Brown each side of the ribs and place into a baking pan. Baste beef ribs with some of the glaze.
4. Add beef ribs to the oven and bake for 6 hours. Baste beef ribs with the glaze each hour.

TO SERVE

Serve with pineapple salsa.