

KOREAN BRAISED BEEF SHORT RIBS (GALBIJJIM)

I like to make *galbijiim*, the popular Korean comfort-food dish, with boneless beef short ribs. Its less traditional than using bone-in ribs, but hey, so is cooking the ribs in a pressure cooker! This recipe requires no browning step, since the sauce has plenty of deep flavor from the garlic, ginger, and soy sauce.

Pat the ribs dry with paper towels. Cut crosswise into 3-inch pieces and add them to the Instant Pot.

In a blender or food processor, combine the onion, pear, garlic, ginger, brown sugar, mirin, and soy sauce and process until smooth. Pour the sauce over the short ribs and stir to coat evenly. Arrange the rib pieces in a single layer. Secure the lid and set the Pressure Release to **Sealing**. Select the **Meat/Stew** setting for 35 minutes at high pressure.

When the timer goes off, you can either perform a quick release by moving the Pressure Release to **Venting**, or you can let the pressure release naturally, then leave the ribs in the Instant Pot on the **Keep Warm** setting for up to **10** hours.

Open the pot and stir in the carrots and daikon. Secure the lid once again and set the Pressure Release to **Sealing**. Press the **Cancel** button to reset the cooking program, then select the **Manual** program and set the cooking time for 3 minutes at high pressure. Perform a quick release by moving the Pressure Release to **Venting**. Open the pot and, using a slotted spoon, transfer the meat and vegetables to a serving dish and keep warm. Use a ladle or large spoon to skim the fat from the sauce.

In a bowl, stir together the cornstarch and water. Press the **Cancel** button to reset the cooking program, then select the **Sauté** setting. When the sauce comes to a simmer, stir in the cornstarch mixture and let it boil for 1 minute, until the sauce has thickened, then press the **Cancel** button to turn off the Instant Pot.

Spoon the thickened sauce over the meat and vegetables. Sprinkle the sesame seeds and green onions on top and serve.

SERVES 6 TO 8

3 to 3½ pounds boneless beef short ribs

1 yellow onion, cut into 1-inch pieces

1 Asian or Bosc pear (about 6 ounces), peeled, quartered, and cored

8 cloves garlic

1-inch knob fresh ginger, peeled and chopped

1 tablespoon brown sugar

¼ cup mirin (sweet rice wine) or apple juice

¼ cup soy sauce

4 large carrots, peeled and cut into 1-inch pieces

1 small daikon (about 1 pound), peeled and cut into 1-inch pieces

1 tablespoon cornstarch or arrowroot powder

1 tablespoon water

1 tablespoon sesame seeds

2 green onions, white and green parts, thinly sliced on the diagonal

NOTE For an even more colorful and filling meal, serve over a bed of rice, shredded Napa cabbage, and peppers.