

Beef Short Ribs in Dried Fruit

1 small onion peeled and chopped small

2 -3 tablespoons oil

2 -4 cloves chopped garlic

1 knob fresh ginger, peeled and sliced or 2 pieces frozen ginger crushed

beef short ribs - bone in 650 grams (approximately 1.5 pounds) cut into chunks

1 400 grams (about 1 pound, a little less) package chorizo or regular beef sausage, cut into chunks

3 tablespoons molasses or date molasses (Silan)

2 tablespoons pomegranate molasses

2 tablespoons tamarind paste

6 dried apricots (70 grams)

6 pitted prunes (97 grams)

5 dried figs (75 grams)

Canned pineapple

6 black peppercorns

1 teaspoon salt

1 cup (240 ml) pineapple juice from 20 ounce (825 gram) can of canned pineapple

1 cup (240 ml) water

Directions:

Place the oil in the pot and gently saute the onion till light brown. If in instant pot, first on "sauté" for the onions then you will switch to "meat/stew" for 70 minutes. Add garlic and ginger and just stir into hot oil/onions. Immediately add the beef, sausage, molasses/silan, pomegranate molasses, tamarind paste, dried fruit, pineapple, peppercorns and salt and stir all together. Pour the juice and water over all and stir again. Switch to "meat/stew" and set for 70 minutes. In regular stockpot, simply lower heat to a simmer and continue to cook about one and half to two hours, stirring from time to time or till meat is soft and tender. Serve over couscous or rice.