



Reprinted with permission from [Gather & Graze: 120 Favorite Recipes for Tasty Good Times](#) by Stephanie Izard with Rachel Holtzman. Copyright © 2018 by Stephanie Izard, Inc. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

## CRISPY BEEF SHORT RIBS WITH AVOCADO AND GRAPEFRUIT CHERMOULA

This dish is more like a salad than a meat dish, but that doesn't mean meat takes a backseat. It's just a lighter take on short ribs. First, you dice braised short ribs and toss them in the deep-fryer until they're crispy. Then you coat them in a spice mix that gives some heat along with nice, warm baking spice notes, so the meaty bits become almost like beef croutons. They are then put over a light, refreshing mix of onion and herb-marinated avocados and topped with a grapefruit sauce that brings just the right amount of acid. It's a play on a chermoula I had in Belize that was a lot lighter and brighter than the Moroccan kind I knew, with tons of lime juice, cilantro, and shallots.

*Serves 4*

### short ribs

4 tablespoons canola oil  
2 pounds boneless beef short ribs  
2 tablespoons salt  
1 tablespoon pepper  
1 fennel bulb, quartered  
1 yellow onion, quartered  
2 carrots, roughly chopped  
4 quarts beef stock  
1 cup dry red wine  
½ cup tomato paste

### spice mix

½ [cinnamon stick](#)\*  
2 dried chiles de arbol\*\*  
1 teaspoon chopped dried orange peel  
1 teaspoon [mustard seeds](#)\*  
¼ teaspoon [black peppercorns](#)\*  
1 tablespoon [ground sumac](#)\*  
1 teaspoon [tomato powder](#)\*  
1 teaspoon [smoked paprika](#)\*  
2 quarts canola oil, for frying  
Kosher salt  
Onion and Herb-Marinated Avocados (recipe follows)  
Grapefruit Chermoula recipe follows)

\*[Now That's A Mouthful](#) uses and recommends spices and seasonings from [The Spice and Tea Exchange](#)® in all of its recipes. Use code MOUTHFUL10 for a one-time 10% discount at checkout.

\*\*Substitute [dried red pepper flakes](#)



Preheat the oven to 325°F

**Braise the short ribs:**

Heat 2 tablespoons of the oil in a large sauté pan over high heat. Season both sides of the ribs with the salt and pepper. Working in batches, brown the short ribs, about 5 minutes per side. Transfer the browned short ribs to a roasting pan.

In the same sauté pan, over medium heat, cook the fennel, onion, and carrots in the rib drippings until just tender, about 5 minutes. Transfer the veggies to the roasting pan with the ribs.

Put the roasting pan over medium-high heat and add the stock, wine, and tomato paste. Bring the mixture to a boil, then remove the pan from the heat. Cover with a tight-fitting lid or aluminum foil and transfer the pan to the oven. Roast the short ribs in the oven for 3½ hours. The meat should be fork-tender but not completely falling apart. If the meat isn't finished, cook in 30-minute increments until done. Remove the ribs from the braising liquid and let them cool completely.

**Make the spice mix:**

In a spice grinder or food processor, grind the cinnamon stick, chiles, orange peel, mustard seeds, and peppercorns until they're a fairly uniform powder. Mix with the sumac, tomato powder, and paprika.

**For the short ribs:**

In a large pot, heat the canola oil to 350°F.

Cut the meat into 1-inch cubes and, working in batches if necessary so you don't crowd the pot, fry until crispy, about 4 minutes. Immediately strain the cubes and toss them with the spice mix. Season with salt, if desired.

Spread the avocados over the bottom of a platter. Sprinkle the crispy short ribs over the top and drizzle with the chermoula. Serve immediately.

### **Onion and Herb-Marinated Avocados**

*Serves 4*

- 2 ripe Hass avocados
- 1 ruby red grapefruit
- 2 tablespoons fresh lemon juice
- ¼ teaspoon kosher salt
- ½ cup shaved red onion
- 2 tablespoons roughly chopped fresh mint leaves
- 2 tablespoons roughly chopped fresh cilantro leaves



Halve the avocados lengthwise, remove the pits, and discard. Using the tip of your knife, make three diagonal slices through each side of the avocado, then three more in a crosshatch pattern. Invert and gently remove the cubes from the skin with a spoon.

To supreme citrus: Using a knife, thinly cut off the top and bottom of the grapefruit to create two flat surfaces that expose the flesh inside. Following the curve of the fruit, run your knife between the skin and the flesh until the grapefruit is completely peeled. Hold the grapefruit in your hand and carefully slice between the white membrane to create segments.

In a medium bowl, toss the avocado cubes with the lemon juice and salt. Mix in the onion, mint, cilantro, and grapefruit sections.

### **Grapefruit Chermoula**

*Makes 1½ cups*

1 cup fresh grapefruit juice

¼ cup fresh lime juice

3 tablespoons minced shallots

½ teaspoon minced garlic

3 tablespoons chopped fresh mint leaves

1½ tablespoons roughly chopped fresh cilantro

1 teaspoon roughly chopped pickled jalapeno, homemade (page 264) or store-bought

¼ teaspoon kosher salt

In a medium bowl, combine the juices, shallot, garlic, mint, cilantro, jalapeno, and salt.

