

Chimichurri Beef Chuck Flanken Ribs

January 15th, 2023

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

The Flanken Rib cut is typically about 1/4 inch thick, cut as a cross-section of the ribs so that you end up with a cut of meat that is embedded with medallion-shaped bones. "Flanken Ribs" can be cut from two VERY different cuts: the Chuck primal - which the top of the ribs near the shoulder or the Plate primal (typically called Flanken Cut Short Ribs) - located closer to the underside of the chest, usually ribs 6, 7, and 8. Chuck Ribs will typically require a much shorter cook time than their Plate counterparts, so make sure that you are using Chuck Ribs, NOT Short Ribs for this recipe. In my experience, the Sous Vide preparation results ribs that are much juicier and far more flavorful.

Ingredients:

3 Lbs Beef Chuck Ribs (NOT Short Ribs), Flanken Cut

Salt

Store bought or Homemade Chimichurri Sauce (for serving)

Directions:

Salt the Flanken Ribs on both sides.

Sous Vide Preparation

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Load the Flanken Ribs into a Sous Vide safe bag, in a single layer.

Use multiple bags, if necessary.

Vacuum out the air and seal each bag.

Refrigerate 24 hours to allow the meat to absorb the salt.

Refrigerate up to 4 days or freeze up to 6 months.

Sous Vide at 165° F for 2 hours.

Remove the bag(s) from the Sous Vide.

The unopened bag(s) can be refrigerated up to 2 weeks or frozen up to 6 months.

Open the bag and discard the liquid (Au Jus) or use for Beef Stock in another recipe.

Use a paper towel or a tea towel to dry each Rib.

Cover a large oven sheet with aluminum foil. Arrange the ribs on the sheet pan.

Set the top oven shelf within about 6 inches of the upper element.

Broil the Ribs on high for 1-2 minutes per side. Each side should be lightly browned.

Oven Preparation

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Preheat oven to 275° F.

Cover a large oven sheet with aluminum foil. Arrange the ribs on the sheet pan.

Cover the sheet pan with aluminum foil.

Bake for 1 hour at 275° F.

After 1 hour, flip each rib.

Bake again for 1 hour at 275° F.

Set the top oven shelf within about 6 inches of the upper element.

Broil the Ribs on high for 1-2 minutes per side. Each side should be lightly browned.

Cover the Meat and rest it for about 10 minutes.

Serve the Flanken Ribs with store bought or Homemade Chimichurri Sauce.