

Beef Short Ribs with fried Radicchio and Eggplant

Makes a really quick and easy meal for two or more.



Per person you need:

- ❑ 1 slice beef short ribs, cut into segments (more if necessary)
- ❑ Radicchio, cut into quarter segments, sprinkled with olive oil, pepper and salt
- ❑ Eggplant, 6-8 (depending on size) ¼ inch thick slices, salted
- ❑ 1 tablespoon olive oil
- ❑ black pepper, freshly crushed
- ❑ kosher salt

The Radicchio can be substituted by any other salad head, as long as the leaves are not too delicate. If you don't favor eggplant, try plantains or any other leafy vegetable.

Marinade for 4 slices of short ribs:

- ❑ 2 tablespoons soy sauce
- ❑ juice from ½ lime
- ❑ 1 tablespoon finely diced Jalapeno or Serano chile peppers (personal preference), seeds and white parts removed
- ❑ 3 or more medium cloves garlic, finely chopped

Mix ingredients and coat meat pieces in a shallow dish. Let marinate for 10-15 minutes, turning once. Discard excess liquid.

Pre-heat the Cook-N-Dine on 4-5. When ready (orange light off) switch dial to 9.

Coat cooking center with olive oil (spread with a spatula) and place eggplant slices into the center. Turn when starting to brown. Meanwhile add meat. When nicely browned, turn and sear other side. Sprinkle with pepper and salt. When cooked to desired doneness, place meat into the warming area.

Meanwhile the other side of the eggplant slices has browned. Push slices into the warming area and place Radicchio segments onto the free space. Turn quickly when it starts browning and wilts slightly. Switch Cook-N-Dine off and serve.