

Short Rib Jook

This is a great way to get all the nutrients you need in a delicious and great tasting “stew.” By cooking this Jook for 8 or more hours, you are helping your digestive system out by virtually “cooking” all the food and giving your body immediate nutrients. This soup is excellent for those who need to build their blood and regulate their temperature.

Feel free to add any organic vegetables that you desire, but remember, if they are leafy greens, you want to add them right before you eat them by wilting them gently in the jook, then enjoying.

Ingredients:

- 2-3 Short Ribs (organic beef only)
- 2 handfuls of brown rice (your choice)
- 5-quarter size slices of fresh ginger
- 2 carrots (cut into whatever style you desire)
- 6-8 cloves of garlic, outer skin removed and crushed
- 8 cups Chicken Broth/Stock or water

Tools:

- Frying pan
- Crock Pot

Steps:

- 1) Brown the short ribs on all sides. Put in the crock pot.
- 2) Clean and crush the garlic and brown in the frying pan, then add to the crock pot
- 3) Put all the other ingredients in the crock pot and turn it on low. Cover and cook for a minimum of 8 hours.
- 4) When the meat is falling off the bone, put the crock-pot in the refrigerator for at least 6 hours. Then scrape the hardened fat from the surface, reheat and enjoy!
- 5) Keep the jook refrigerated between meals. This can be kept up to 5 days by re-boiling before each meal.

Other options:

To add nutrients:

~When reheating you can add some fresh organic spinach into the pot and let it wilt.

To thicken the jook:

~ Bring the jook to a boil then crack an egg into the mixture. Stir consistently for 60 seconds, then enjoy.

To make the soup warmer in cold weather:

~Add some cinnamon sticks to your jook to really warm you up!