



Barbeque Spare Ribs

Barbeque ribs are a bit of a misconception. They are really a US Southern States speciality, where racks of ribs are cooked long and slow, like up to 8, even 12 hours in a relatively low temperature fire-pit, as opposed to our BBQ where food is cooked quickly over a hot grill. The secret then, is to compromise, cook the ribs in an oven first, then finish off on the BBQ. A method well suited to our weather! Here's a tasty recipe to get you started:

2 racks of baby or loin back pork ribs. Ask the butcher to remove the membrane from the back, or you can do it yourself quite easily. This helps the marinade flavour all the meat.

For the Marinade

- 1 red chilli deseeded and finely chopped
- Thumb sized fresh ginger peeled and grated
- 2 cloves garlic finely chopped
- 150mls apple juice
- 100mls white wine vinegar
- 2 heaped tablespoons tomato ketchup
- 1 tablespoon Dijon mustard
- 100mls soy sauce
- 100g soft brown sugar

Preheat the oven to 200°C.

- Drizzle a little oil over the ribs and rub all over with a some salt and pepper.
- Make the marinade. Place the chilli, ginger and garlic into a medium pan along with the apple juice, white wine vinegar, tomato ketchup, mustard, soy sauce and brown sugar. Whisk together and place over a medium heat. Stir until the sugar dissolves, then simmer for 10 to 15 minutes, or until the sauce has thickened.
- Put the ribs in a large roasting pan, brush with the marinade and cover with foil.
- Cook in the oven for 1 hour 15 minutes, or until the meat pulls away from the bone easily. Baste the ribs with the marinade after 30 minutes. After 1 hour remove the foil, baste and cook, uncovered, for the final 15 minutes, basting again after 10 minutes.
- Fire up the BBQ and when hot, transfer the ribs to it. Cook over a medium-low heat for 5 to 10 minutes to crisp the edges and caramelise some of the marinade.

Slice the ribs and enjoy, there's nothing better than eating ribs with your fingers and chewing on the bones !!