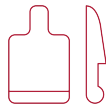




Sticky Pork Ribs



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: APPROX. 2
½ HOURS



SERVES: 4

Ingredients

1 small red onion, peeled and roughly chopped
2 garlic cloves, peeled and halved
½ tsp dried chilli flakes (or more to taste)
1 tsp smoked paprika
1 tsp fennel seeds
Pinch of star anise
100 g brown sugar
2 tbsp olive oil
200 g tomato sauce/ketchup
2 tbsp cider vinegar
2 tbsp soy sauce
1.25kg pork ribs

Method

Place onion, garlic, chilli flakes, paprika, fennel seeds, star anise and brown sugar in a bowl of a food processor and process until smooth.

Heat a saucepan over medium heat, add the olive oil and onion paste and cook for 2 minutes. Add the tomato ketchup, vinegar and soy sauce and cook for 5 minutes or until the sauce thickens.

Line enamel tray with baking paper. Place ribs on tray and brush the ribs with all of the sauce. Place ribs in the oven and lay a piece of baking paper loosely on top. Turn oven on to CircoTherm® at 140°C with a high level of steam. Cook for 1 ¾ to 2 hours, turning once. The time will depend on when the ribs are tender. When the ribs are tender, increase CircoTherm® to 180°C with no added steam and remove baking paper. Cook for up to 30 minutes or until ribs are golden and sticky.

Remove the ribs from the oven and allow to cool for 5 minutes. Cut ribs using the rib bones as a guide.

Notes

If VarioSteam® is not available, cover the ribs with aluminium foil when cooking for the first 2 hours. Remove the foil for the last 30 minutes.