



BARBECUED PORK RIBS (TM6, TM5, TM31)

⏱ 50 min. ⌚ 1 day(s) 2 hrs. 15 min. 🌱 easy 🍴 4 portions 📊 Per 1 portion:
Energy 4520.9 kJ, Energy 1076.4 kcal, Protein 111.8 g, Carb 46.2 g, Fat 49.2 g, Saturated Fat 19.7 g, Dietary fibre 6.1 g, Sodium 1187.6 mg

Preparation

INGREDIENTS

1500 g water
2000 g pork ribs, cut into pieces
(approx. 6 ribs per piece)
2 garlic cloves
500 g barbecue sauce (see Tips)
120 g beer of choice
110 g pure maple syrup
60 g apple cider vinegar
2 tbsp sweet paprika
1 tbsp ground cumin
1 tsp smoked salt (see Tips)
1 tbsp brown sugar

USEFUL ITEMS

large snap lock bag, pastry brush,
baking tray, wire rack, aluminium foil,
bowl

1. Place water into mixing bowl. Place Varoma into position, weigh ribs into it, secure Varoma lid and steam **30 min/Varoma/speed 1**.
2. Stir ribs to ensure even cooking, then secure Varoma lid and steam for a further **30 min/Varoma/speed 1** or until ribs are tender. Set Varoma with ribs aside to cool. Clean and dry mixing bowl.
3. Place garlic into mixing bowl and chop **3 sec/speed 7**.
4. Add barbecue sauce, beer, syrup, vinegar, paprika, cumin, smoked salt and sugar, then cook **10 min/100°C/speed 3**, placing simmering basket instead of measuring cup onto mixing bowl lid. Set sauce aside to cool completely (approx. 30 minutes). Transfer cooled sauce and ribs into a large snap lock bag and gently massage to coat. Transfer into refrigerator to marinate overnight.
5. Preheat a barbecue or oven to 200°C. Bring ribs to room temperature. Place marinated ribs onto barbecue (or if cooking in oven, place ribs onto a wire rack placed over a baking tray lined with aluminium foil). Transfer excess marinade into a bowl. Barbecue or cook in oven for 30-40 minutes (200°C), basting frequently with reserved marinade, until crispy on the outside and meat is tender. Serve as desired (see Tips).

TIPS

- To make your own barbecue sauce, refer to the recipes on Cookidoo®.
- You can find smoked salt at gourmet food stores or online. Alternatively, you can replace it with sea salt.
- If you have any leftover marinade (before adding to ribs), it can be frozen for up to 1 month. Alternatively, place leftover marinade back into the mixing bowl and cook **10 min/100°C/speed 3**, until thickened. Transfer into a sterilised bottle or jar and use on hamburgers, hotdogs or grilled meats.
- We served these ribs with our *Cornbread* and *Jalapeño poppers* (refer to the recipes on Cookidoo®).