

Sticky BBQ Ribs

WARNING this recipe will unapologetically cause finger-licking fun like no other dish, so get ready to get down and dirty.

If you like ribs but usually buy them ready-made ones from the supermarket you need to give this recipe a go.



Serves: 4

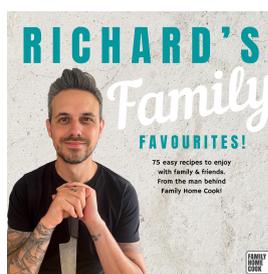
Prep Time: 10 minutes

Rest/Marinate Time: 1 hour or overnight

Cooking Time: 2 hours 30 minutes

Ingredients

- 4 pork rib racks, around 300g each.
- 2 tbsps of dark muscovado.
- 2 tbsps of smoked paprika.
- 3 tbsps of yellow mustard.
- 2 tbsps of runny honey.
- 100 ml of apple juice.
- 8 tbsps of BBQ sauce.



Find this recipe on page 36 of [my book](#).

Method

- In a large roasting tray add all the ingredients apart from the ribs along with a good pinch of salt and pepper and mix everything together. Add the ribs in a single layer and coat in the sauce. Cover with a double layer of tinfoil and allow to marinate for at least one hour or as long as possible or even better overnight.
- Once marinated, place in a preheated oven set at 130°C. Still covered with the foil and roast for 2 hours or till super tender and just holding together. Every 40 minutes or so give them a base with any of the cooking juices.
- Once the ribs are nice and tender use a pair of tongs, to carefully remove the ribs from the roasting tray and place to one side. Add 6 tbsp of the BBQ sauce to the roasting tray and mix with the cooking juices. Return the ribs to the tray, coat them in the sauce and lay in a single layer. Turn the oven up to 200°C and roast for 20 minutes. After 10 minutes base with the remaining 2 tbsps of BBQ sauce.
- Carve the ribs up and pop in the middle of the table for everyone to tuck in. I like to sprinkle mine with some sesame seeds and some chopped spring onions. Serve with some coleslaw, corn on the cob, some extra BBQ sauce and fries or potato skins.