

Slow-braised Ribs with Pineapple BBQ Sauce



Serves 4 Prep 30 mins + brining Cooking 3h Easy

Ingredients

1.5kg pork rib racks
corn-on-the-cob to serve

Dry brine

2 tbsp brown sugar
2 tbsp sea salt
1 tbsp English mustard powder
1 tbsp paprika
1 tsp black peppercorns
2 oranges, zested
2 bay leaves

Sauce

400g tin chopped tomatoes
1 onion, chopped
3 tbsp cider vinegar
75g brown sugar
1 tbsp soy sauce
1 tbsp Worcestershire sauce

1. Whizz all of the dry brine ingredients, except the bay leaves, in a food processor. Pour over the ribs, tear over the bay leaves and rub in. Cover and chill for at least 2 hours, but preferably overnight.
2. Heat the oven to 160C/fan 140C/gas 3. Lightly rinse the dry brine from the ribs and put in a roasting tin. Whizz all of the sauce ingredients, except the star anise, in a food processor.
3. Add to the roasting tin with the star anise and cover tightly with a double layer of foil. Cook in the oven for 2½ hours, basting regularly, then remove the foil and cook for a further 30 minutes to reduce the sauce.
4. At this stage you could, once cool, put portions of the ribs into freezer bags, along with the sauce and freeze. To defrost, leave in the fridge overnight.
5. To finish the ribs, heat a grill or barbecue to high and put the ribs on a baking sheet or directly onto the barbecue. Grill for 5-10 minutes, regularly basting with the sauce until caramelised.
6. Serve with more sauce and corn-on-the-cob.