

SLOW BRAISED BEEF RIBS

EQUIPMENT

CHEF KNIFE, MEDIUM SIZE FRY PAN, SMALL MIXING BOWLS, BAKING TRAY, LADLE

INGREDIENTS

2 X BEEF RIBS (BONE IN), 3 CLOVES GARLIC, 6-8 SPRIGS THYME,
200GM BEEF STOCK, 150GM WATER, SALT

METHOD

FINELY CHOP THE THYME AND PLACE IN A MIXING BOWL, DO THE SAME WITH THE GARLIC AND MIX WITH THE THYME

ADD 10GM OF SALT TO THE GARLIC AND THYME AND MIX WELL

PLACE THE RIBS IN A DEEP-SIDED BAKING TRAY AND GENEROUSLY COAT BOTH SIDES OF EACH RIB WITH THE THYME MIXTURE

POUR THE STOCK AND WATER INTO THE BAKING TRAY AND COVER TIGHTLY WITH FOIL

PLACE IN A PRE-HEATED OVEN COMBI SETTING 160 DEGREES FOR 2 HOURS

ONCE COOKED REMOVE FROM THE OVEN AND POUR OFF THE COOKING STOCK INTO A SMALL BOWL, LET THE STOCK STAND FOR A MINUTE AND THE FAT WILL RISE TO THE SURFACE

USE A LADLE TO "SKIM" THE SURFACE OF THE STOCK REMOVING ANY FAT

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT ADD A SPLASH OF OLIVE OIL

PAN FRY THE RIBS FLESH SIDE DOWN UNTIL GOLDEN AND CRISPY REMOVE AND SET THE RIBS ASIDE

WIPE THE PAN CLEAN AND POUR IN RESERVED COOKING LIQUID, REDUCE OVER HIGH HEAT UNTIL REDUCED BY A LITTLE MORE THAN HALF

PLACE THE RIBS ON A PLATE, POUR OVER THE SAUCE AND GARNISH WITH SOME FRESH HERBS AND SERVE

HINTS & TIPS

- BRAISING MEAT LIKE THIS GIVES YOU A SUCCULENT RESULT AND CAN BE USED FOR MANY PURPOSES. FOR EXAMPLE PICK THE MEAT FROM THE BONE AND TOSS THROUGH SOME FRESH PASTA.
- WHEN PURCHASING BEEF RIBS TRY TO BUY THE ONES THAT LOOK A LITTLE DRY, THIS MEANS THE BUTCHER HAS AGED THEM WELL ON THE BONE AND WILL RESULT IN EXCELLENT FLAVOUR
- YOU CAN FINISH THE RIBS OFF ON THE B.B.Q FOR THAT SMOKY CHARCOAL FLAVOUR