



Slow-cooked Baby Back Ribs

Ingredients

For the coleslaw

- Large Handful thin sliced red cabbage
- Large Handful thin sliced white cabbage
- 1 tbsp toasted sesame seeds
- ¼ teaspoon minced ginger
- 2 tbsp fresh lime juice
- A pinch of sea salt
- 1-2 deseeded fresh red chilli, finely chopped, add to taste
- A pinch of golden caster sugar

For the ribs and marinade

- 2 rack of ribs approx 600g each, membrane removed
- 12 tbsp Mizkan sushi sauce
- 2 tbsp garlic, minced
- Juice of two whole oranges
- 1 white onion thinly sliced

Method

To make the slaw combine all the slaw ingredients together in a bowl except the sugar. Add sugar to taste. Leave covered in the fridge until ready to serve.

For the ribs, combine all of the marinade ingredients together in a bowl and mix with a spoon.

Once the membrane is removed from the ribs place the rack and the marinade in a plastic food bag and leave to marinade for at least 4 hours but ideally overnight. To cook, preheat the oven to 130 degrees C, place the ribs and the marinade in a roasting tray (a good size to fit, so the ribs fit fairly snugly and the sauce bakes onto them rather than being burned away) and cover tightly with foil.

Cook for 2 hours 45 min then remove the foil and cook for a further 15 minutes. If your ribs look like they need a little more caramelisation, turn the oven up to 160 and cook for 5-10 min to slightly char.

Serve with the slaw.