Spare ribs

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

Marinade

4 cloves of garlic

5 cm ginger

1 onion

250 ml apple juice

200 ml maple syrup

10 g fleur de sel

100 g unrefined sugar

100 g sugar

10 g smoked paprika powder

5 g pepper

1 sprig of rosemary, needles

Peel and crush the cloves of garlic. Peel and finely chop the onion. Sweat the garlic and onion in a little oil in a frying pan. Peel and finely chop the ginger. Pull the rosemary needles from the sprig.

For the marinade, purée all the ingredients together.

Spare ribs

2 kg spare ribs, lean, veal

Put the spare ribs and the marinade into a vacuum bag, vacuum seal on level 2 and leave to marinate in the refrigerator for about 24 hours.

Place the bag in the perforated cooking tray and put it into the cold cooking space. Cook.

Vacuisine indtil ovnrummet når 65 °C (ikke længere end 8 Timer)

When the spare ribs are cooked, cut open the bag, pour the juices into a saucepan and reduce to a syrup.

Cover the baking tray with baking paper and lay the spare ribs on it.

Apparatet forvarmes

(For)varm ovnrummet til 230 °C i Varmluft

Brush the spare ribs with half of the syrup. Put the tray into the preheated cooking space. Cook.

Sæt retten ind

Varmluft 230 °C i 8 Min.

Brush the spare ribs again with the syrup.

Befugtning

Varmluft 230 °C i 7 Min.

Serve the spare ribs with chips.

Tilbehør

Perforated cooking tray

Baking tray

Vacuum bag

Yderligere oplysninger

Oprettet den	12.04.2023