



# Spare ribs

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            4

## Marinade

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- 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

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- 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 until cooking space reaches 65 °C (not longer than 8 Hrs)**

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.

**Appliance preheating**





**(Pre-)heat cooking space to 230 °C with Hot air**

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

**Put the food in**

**Hot air 230 °C for 8 Mins**

Brush the spare ribs again with the syrup.

**Sprinkle**

**Hot air 230 °C for 7 Mins**

Serve the spare ribs with chips.

## Accessories

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Perforated cooking tray

Baking tray

Vacuum bag

## Additional information

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