



Spare ribs

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones 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 hasta que la cámara de cocción alcance 65 °C (no más de 8 H)

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.

Precalentamiento aparato



**Aire caliente (230 °C)**

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

Introducir los alimentos**Aire caliente 230 °C durante 8 Min.**

Brush the spare ribs again with the syrup.

Rociar**Aire caliente 230 °C durante 7 Min.**

Serve the spare ribs with chips.

Accesorios

Perforated cooking tray

Baking tray

Vacuum bag

Información complementaria

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