Spare ribs

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 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 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

Perforated cooking tray

Baking tray

Vacuum bag

Additional information

Created on	27.02.2023