



These Ribs were actually on offer at the supermarket at £0.90 a bag. They were probably intended for making stock or maybe feeding to dogs? But they looked far too good for that!

Ingredients:-

Beef Ribs

4 Cloves of Garlic, minced

1 Tbsp of Ginger, minced

300ml of Beef Stock

2 Tsp of Soy Sauce (Gluten free here)

2 Tbsp of Black Bean Sauce

1 Tbsp of Rice Wine Vinegar

1 Tbsp of Brown Sugar

1 Tbsp of Hot Chilli Sauce

3 Spring Onions, Sliced for a garnish

1 Tsp of Five Spice

1 Tbsp of Honey

1 Tbsp of Sesame Oil

4 Star Anise

1 Cinnamon Stick

1 Onion, Sliced

A handful of Coriander, chopped for a garnish

1 Red Chilli, sliced for a garnish

1 Tbsp of Shaoxing Wine

Oil to fry

Plain Flour (Gluten free for us)

Salt & Pepper

Method:-

- (1) Fry the Onions, Garlic and Ginger until the Onion is translucent.
- (2) Add the Beef Stock and simmer.
- (3) Stir in the Black Bean Sauce.
- (4) Add the Soy Sauce, Rice Wine Vinegar, Hot Chilli Sauce, Five Spice, Shaoxing Wine, Sesame Oil allow to simmer for a few minutes.
- (5) Add the Honey and Brown Sugar and stir until the sauce thickens.
- (6) Add the Star Anise and Cinnamon Stick and simmer for another couple of minutes.
- (7) Season flour with Salt & Pepper and coat the ribs on all sides.
- (8) In a large frying pan with hot Oil brown the ribs on all sides and set aside to drain on kitchen paper.
- (9) Once the ribs have cooled place in layers in an oven proof dish, dressing with the sauce so everything is coated.
- (10) Cover with foil and place in the oven at 160c for 3 hours.
- (11) Garnish and serve over Rice noodles.

There was actually so much meat that we have sufficient in the fridge for another meal. So we're having a go at Steamed Bao Buns this evening.