

Braised Horridon Ribs

Food Allergies and intolerances: Before you make this recipe please check the ingredients carefully as they include allergens like chilli.

For the ribs

3 cloves garlic
1 red chilli
2 star anise
50ml light soy sauce
250ml pineapple juice
350ml beef stock
225g brown sugar
1kg beef short ribs

For the slaw

150g raw beetroots
1/4 red cabbage, finely sliced
50g dates, pitted and roughly chopped
20g bunch parsley, finely chopped
3 tbsp extra-virgin olive oil
3 tbsp lemon juice

Peel and crush the garlic and throw it into a large saucepan with a lid. Slice the chilli and add to the saucepan with the star anise, sugar and soy sauce. Pour in the pineapple juice and stock, then submerge the ribs and add the lid. Preheat the oven to 140°C. Place the pan into the oven to cook for 3-4 hours. Scoop the ribs from the liquid, transfer to a plate and cover with tin foil to keep warm. Reduce the marinade to a loose syrupy consistency.

Peel and grate the beetroot. Shred the red cabbage. Tip the beetroot into a large bowl, followed by the red cabbage, dates and parsley. Whisk the dressing ingredients together in a small bowl. Just before serving, drizzle over the salad and give it all a good toss. Season well with salt. Serve the ribs and slaw. Drizzle with the reduced marinade.

Serves 2