

Miele

Pork ribs with BBQ sauce and peach salad

By Miele

1 hour 30 minutes, plus refrigeration time

Preparation Time

3 hours

Cooking Time

6 serves

Serves



INGREDIENTS

Spiced rub and ribs

2 tbsp yellow mustard seeds
1 tbsp coriander seeds
40 g (? cup) sweet or smoked paprika
25 g (¼ cup) salt flakes
1 tsp black pepper
1 tbsp garlic powder
1 tsp chilli flakes
65 g (? cup firmly packed)
brown sugar
2 kg St Louis cut pork ribs

BBQ Sauce

1 brown onion, roughly chopped
360 ml (1 ¼ cups) tomato ketchup
2 tbsp Dijon mustard
80 ml (? cup) rice syrup
60 ml (¼ cup) Worcestershire sauce
60 ml (¼ cup) apple cider vinegar
1 tsp liquid hickory smoke

Peach salad

1 tbsp (20 ml) extra virgin olive oil
1 tbsp (20 ml) apple cider vinegar
½ tsp white sugar
2 yellow peaches, cut into wedges
½ frisee lettuce, torn
1 endive, leaves separated
Pinch salt

METHOD

Spice rub and ribs

1. Heat a frying pan on medium-high heat, induction setting 7. Toast the mustard and coriander seeds for 3 minutes, or until they start to pop.
2. Blend all ingredients except the sugar and ribs until fine, stir through the sugar.
3. Remove the silver skin on the underside of the ribs. This can be done by using a paper towel to grip the silver skin and pulling it away in one piece or ask your butcher to do this.
4. Dry the ribs with paper towel and generously cover the ribs on all sides with the spice rub, reserve 2 tablespoons of the spice rub for the BBQ sauce. Store any extra spice for 2 weeks in a cool dry place.
5. Place the ribs onto a rack and refrigerate uncovered for at least 4 hours, or overnight.
6. Place the ribs on a baking and roasting rack in a universal tray.
7. Select Combi mode: Fan Plus at 130°C + 80% moisture.
8. Place the tray on shelf level 1 and cook for 2 ½ hours, or until tender. Remove from the oven and brush lightly with the BBQ sauce.
9. Change the oven function to Combi mode: Grill setting 3 + 0% moisture. Return the ribs to the oven and grill for 10 minutes. Remove and baste generously with some more sauce.

BBQ Sauce

1. Place the reserved spice rub and all the BBQ sauce ingredients in a medium sized saucepan; whisk well to combine.
2. Simmer on medium heat, induction setting 5, for 20 minutes until the sauce has reduced. Carefully use a stick blender to blend sauce until almost smooth.

Peach salad

1. In a small bowl, add extra virgin olive oil, apple cider vinegar, white sugar and stir to combine. Mix all ingredients in a large bowl just before serving.

To serve

1. Separate the ribs by slicing between the bones. Serve with the remaining barbecue sauce and peach salad.

Alternative appliance method

- The ribs can also be cooked in the steam oven and oven. Place spiced ribs into a large vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3. Sous-vide at 63°C for 6 hours. Remove from the steam oven, pat dry and brush lightly with BBQ sauce. Preheat the oven on Fan Grill at 200°C. Place into the oven on Shelf level 4 and grill for 8-10 minutes. Remove and baste generously with additional BBQ sauce.

Hints and tips

- St Louis cut ribs are thicker and cook more evenly. If you cannot find this cut, you may need to reduce the cooking time.
- We love BBQ sauce, and this recipe makes a lot of it! If you have any extra you could place it in a clean jar and steam on 100°C for 20 minutes to store for a longer time. If you have the bottling programme on your oven, select Special Application, bottling and cook for 20 minutes.
- You can create a User programme for this recipe and save it to use every time!