

We intentionally bought these Pork Ribs for the recipe. So no yellow sticker gig going on last night!

Ingredients:-

600g of Pork ribs. These came as a rack, so I just cut it in half between two ribs
Oil to Fry
Salt & Pepper to season

Marinade Ingredients:-

½ An Onion, finely diced
2 Cloves of Garlic, minced
1 Tbsp of Tomato Puree
3 Tbsp of Tomato Ketchup
1 Tbsp of Soy Sauce (Gluten free in our case)
2 Tbsp of Henderson?s Relish
1 Tsp of Hot Chilli Jam sauce

Method:-

(1) Fry the Onions in a little oil on a low heat to soften.
(2) Add the Garlic and fry for a further minute.
(3) Add the Tomato Puree and stir in.
(4) Season with Salt & Pepper.

(5) Add the Ketchup, Soy Sauce, Henderson?s and Hot Chilli Jam and allow to simmer for 2 minutes.
(6) Remove from the heat and allow to cool.
(7) Coat the Ribs on both sides with the sauce, making sure that they are coated evenly.
(8) Place in the fridge for 2 hours or so.
(9) Heat the Air Fryer to 180c and cook the Ribs for 10 minutes.
(10) Increase the temperature to 190c and cook for a further 5 to 7 minutes, depending in the thickness of the Ribs.
(11) Remove and cover to rest.

To be honest we might be trying to ?Boil Eggs in a solar oven in Iceland? here. We?ve had much better Ribs cooked long and slowly in the conventional oven. However the was really good.