

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.