

bbq beef ribs

cooking time 5hrs

serves 4



this recipe is free from gluten, dairy and sugar.

ingredients

1kg certified organic/grass-fed beef ribs
3 tsp smoked paprika
2 tsp dried oregano
good quality salt
3/4 cup unsweetened apple sauce
170g tomato paste
2 tbsp whole grain mustard
1 tbsp apple cider vinegar
2 garlic cloves, mixed
1/2 tsp all spice
1/4 tsp ground cardamom

method

1. rub ribs with paprika and oregano. refrigerate for 2 hours (optional).
2. pre-heat oven to 140°C.
3. place onto a lined baking tray in a single layer. season with salt. cover tightly with foil.
4. cook for 4.5 - 5 hours or until meat is tender and falls off the bone.
5. meanwhile prepare sauce, combine remaining ingredients in a saucepan and simmer for 5 minutes.
6. baste ribs with sauce and cook for further 15 minutes or until caramelised.



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