

beef ribs with kimchi slaw

prep time 20mins

cooking time 3.5hrs

serves 8



this recipe is free from gluten, dairy and sugar.

slaw

- 1/2 red cabbage, shredded
- 1/2 green cabbage, shredded
- 1 cup kimchi, sauerkraut or other fermented veggies
- 1 cup mayo (i used GevityRx)
- 2 apples, chopped into sticks
- 3 spring onion, finely sliced
- optional: 1/2 fennel, finely sliced
- season with salt and pepper as desired

method

1. mix all together in a big bowl and set aside ready to serve.

seasoning for ribs

- 1 tsp garlic powder
- 2 tbs smoked paprika
- 2 tbs sumac
- 1/8 - 1/4 tsp cayenne pepper
- 1 tbs dried oregano
- 1/2 tsp black pepper
- 1 tsp salt
- 2kg beef ribs
- 3 tbs seasoning above
- 3 tbs coconut aminos/tamari/soy sauce

method

1. preheat oven to 250°C and line a large baking tray with baking paper.
2. add seasoning and aminos to a large bowl and coat the ribs before placing into baking tray in a single layer, pour over any extra spice mix.
3. cover tightly with foil and bake on 250°C for 15 mins then reduce to 140°C for 3 hrs.
4. remove from oven, remove foil and place on a serving tray. spoon over any of the tray juices before serving.

