



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.