

# BBQ Red Wine Rib Racks



This is a really quick and easy recipe that turns out delicious BBQ ribs with a smokey red wine flavour.

## Ingredients:

- 1 kilograms of Pork Spare Ribs (try to purchase ones trimmed of most of the fat)
  - 3 medium onions thinly sliced
  - 1 tablespoon of oil
  - 4 shallots thinly sliced
  - 2 containers of smokey BBQ marinade (Masterfoods 375g is good)
  - 1 cup of red wine (more or less to suit your tastes.
  - 1 cup of water.
- You can add parsley for a garnish if required

***Simmering time on the stove top: 15 minutes***

***Thermal cooking time: 3-4 hours minimum***

## Method:

1. Thickly coat the rib racks with the BBQ marinade on both side and leave to soak for a while.
2. Put the oil into the inner saucepan and place it on the stove top over a medium heat.
3. Add the sliced onions and shallots and stir fry until the onion becomes soft.
4. Take this off the heat.
5. Mix all the remaining BBQ marinade and water with the red wine of your choice (and quantity)
6. Pour in this mixture and place the saucepan back on the stove.
7. Place the rib racks into the sauce.
8. Bring to the boil gently and simmer with the lid on for 15 minutes (to get the bones nice and hot)
9. Transfer the inner saucepan into the vacuum insulated outer container and close the lid.
10. Leave to Thermally Cook for 4-5 hours minimum.

## To serve:

1. Remove the rib racks and place to one side
2. Return the inner saucepan to the stove top and bring all the liquid to the boil.
3. Vigorously boil this liquid, stirring regularly, until it is reduced by a half and is nice and thick.
4. Place the rib racks onto a suitable plate.
5. Pour the thickend sauce over the top of the racks.
6. Garnish with some fresh parsley if you would like.

NOTE: You can serve these on a bed of mashed potato, or rice (if you are using the two pot system these can be cooked while you are cooking the ribs) or with garden salad and fresh crusty bread.