



Chilli glazed sticky ribs



BISLEY FARM SHOP

Method

Ingredients

For the ribs

- 1 pack of Bisley Lane Farm Meaty Spare Ribs
- 1 tsp black peppercorns
- small bunch flatleaf parsley
- 2 bay leaves
- 1 onion, roughly chopped
- 1 carrot, cut into chunks

For the baked potato

- 4 large baking potatoes
- 1 tbsp olive oil
- 1 tsp sea salt flakes
- 250ml/9fl oz soured cream
- 4 tbsp finely chopped curly parsley

For the sauce

- 175g/6oz tomato ketchup
- 150g/5oz chipotle chilli ketchup
- 100ml/3½fl oz dark soy sauce
- 175g/6oz dark muscovado sugar
- 4 tbsp teriyaki sauce

1. For the ribs, place the ribs in a large saucepan with the peppercorns, bay leaves, parsley, onion and carrot. Cover with water, bring to the boil, then reduce to a simmer and cook for 1½ hours.
2. Meanwhile, preheat the oven to 200C/400F/Gas 6.
3. For the baked potato, pierce the potato a couple of times with a fork, then rub with the olive oil and salt.
4. Bake on the top shelf of the oven for one hour, or until cooked through.
5. For the sauce, put all of the ingredients into a saucepan and bring to a simmer.
6. Remove the ribs from the water, dip them into the sauce and place onto the bbq (or finish in the oven).
7. Turn regularly or bake in oven for 20 minutes.
8. To serve, pile the ribs onto a serving plate. Split the potatoes in half and top with a dollop of soured cream and a little chopped parsley.