CANADIAN

Honey Garlic Beef Ribs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**15 min**	**2 hr 30 min**	**Bake**	**Beef rib rack**

Ingredients

- 2 racks of beef ribs, about 1.8 kg (4 lb) total
- 1½ tsp salt
- 1 tsp black pepper
- 1 tsp paprika

HONEY GARLIC SAUCE

- 120 ml (½ cup) honey
- 80 ml (⅓ cup) soy sauce

HONEY GARLIC SAUCE (CONT.)

- 6 cloves garlic, minced
- 3 tbsp ketchup
- 2 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tsp cornstarch mixed with 1 tbsp water
- Sesame seeds and chopped chives, to finish

Steps

1. Heat the oven to 150°C (300°F). Peel the membrane from the back of the ribs and cut each rack in half.
2. Mix the salt, pepper and paprika and rub it over the ribs.
3. Set the ribs bone side down on a foil-lined baking sheet. Cover tightly with more foil and bake for 2 hours, until the meat is tender and has shrunk from the bones.
4. Meanwhile, simmer the honey, soy, garlic, ketchup, vinegar and Worcestershire in a small saucepan over medium heat for 4 minutes. Stir in the cornstarch mixture and cook 1 minute more until slightly thick and glossy.
5. Take the foil off and drain off the juices. Raise the heat to 220°C (425°F) and brush the ribs generously with the sauce.
6. Bake uncovered for 10 minutes, brush again, and bake 10 to 15 minutes more, until sticky and caramelised at the edges. Watch that the honey does not burn.
7. Rest for 5 minutes, cut between the bones, and scatter with sesame seeds and chives.

Notes

- **Make ahead:** bake through step 3 a day ahead; chill, then glaze and finish before serving. Or freeze the baked ribs for 3 months.
- **Sauce:** the extra sauce is good for dipping; keep a portion aside that has not touched raw meat.
- **Other cuts:** braising ribs work with an extra 45 minutes in the oven.
- **Slow cooker:** cut the racks into pieces and cook the rubbed ribs on low 7–8 hr. Then drain, glaze and finish in a 220°C (425°F) oven for 15 to 20 minutes.
- **Pair with:** a crisp coleslaw or steamed broccoli.
- **Twist:** stir 1–2 tbsp sriracha into the sauce for a spicy honey-garlic version.