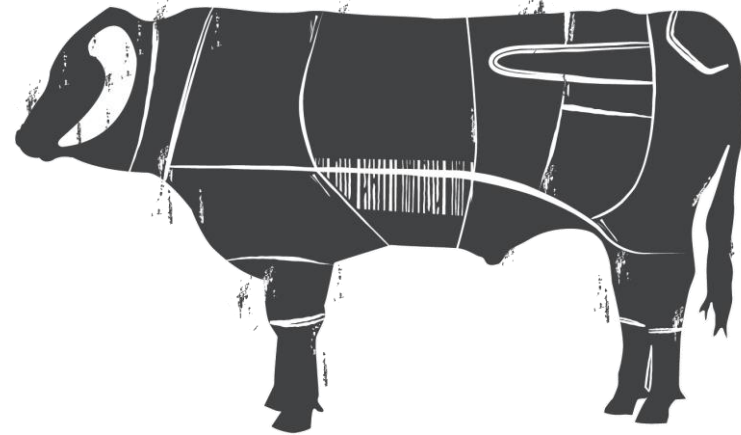




MAYDENCROFT MANOR

NATIVE BREEDS FARM



SHORT RIB | BRISKET SHORT RIB

The clue is in the name with this cut, taken from the lower rib of beef, this slow cooking cut has other names such as Jacob's ladder, but in its fast-growing popularity it is generally known as short rib.

The short rib (top image) has smaller bones so will weigh less but have a similar proportion of meat to the brisket short rib (bottom image).

Short rib is a classic low & slow cook, and like brisket makes great 'pulled beef' loved in America and now very popular over here. It handles the punchy flavours of a BBQ sauce really well. After gentle cooking, finish off with a BBQ sauce and char on the barbeque (or, in the winter, finish under the grill!). 'Pull' it into brioche buns and serve with corn on the cob, 'slaw and sweet potato fries.

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NATIVE BREEDS FARM

BARBEQUED BEEF RIBS WITH JAMES MARTIN'S BOURBON SAUCE

This wonderful barbeque recipe can be prepared ahead up to stage 5 a day in advance - the flavours will improve, and it makes life easier! For a smoky charred flavour just finish it off on the barbeque when you're ready. The sticky, gingery, whiskey richness of this sauce, and the tender, melting beef falling off the bones, is perfect with brioche buns, charred lightly. Serve with corn on the cob and salad or 'slaw

INGREDIENTS

1 joint of Maydencroft short ribs
1 head of celery, halved
1 onion, halved
2 carrots
Small bunch of flat-leaf parsley
BOURBON BBQ SAUCE
200ml bourbon whiskey
2tbsp olive oil
2 onions, sliced
15cm piece fresh root ginger, peeled and diced
Cloves from 1 garlic bulb, crushed
300g brown sugar
100ml soy sauce
4tbsp red-wine vinegar
750ml tomato ketchup

METHOD

1. Warm the oven to 150°C (140°C fan assisted oven) gas-mark 3.
2. Put the beef ribs into a large casserole dish. Add the celery, onion, carrots and parsley. Pour enough cold water over the ribs to cover, then put a lid on the dish and bring to the boil on the hob. Reduce the heat and simmer in the oven for 1½ hours
3. Make the bourbon BBQ sauce, heat the oil in a large saucepan and cook the onions over a medium heat for two to three minutes. Stir in the ginger and garlic, then add the sugar, soy sauce, red-wine vinegar, ketchup and bourbon. Bring the mixture to the boil and simmer for a few minutes.
4. When the beef is ready, lift it out of the liquid and discard the liquid and vegetables, or strain and reserve to use later for stock.
5. Put the beef into a roasting tray, pour the BBQ sauce over the top. You can stop the process at this point and refrigerate overnight.
6. Bring back to room temperature before roasting at 150°C for 10-15 minutes to warm through
7. When ready to BBQ over red hot embers, lift the ribs gently out of the tray, leaving as much sauce as possible in the roasting tray. Carefully place the ribs on the BBQ for a few minutes on each side until charred (this is fast because of the sugar in the sauce). Use a metal spatula to help ease them off the grill.
8. Keep the roasting tray and remaining sauce warm, return the ribs to the tray to serve
9. Carve the beef into four ribs, one for each person. Coat the beef with the sauce and serve.

CHEF'S TIPS

- Don't forget to taste test the BBQ sauce before you use it and adjust to your preference.
- If you prefer to use a ready made barbeque sauce, we recommend **Dr Wills BBQ Sauce**, made with natural ingredients and no refined sugar.

Main Course

Serves 4 people

30 mins prep | 3 hours cooking | 10-20 minutes finishing on BBQ

Recipe from 'James Martin's American Adventure' (Quadrille)