

# Punkfection BBQ'd Ribs, Shaved Asparagus apple-slaw

## Ingredients

For the Punkfection BBQ'd ribs...

- 1 rack of pork ribs (remove the silver skin from
- Juice of 1 lemon

For the dry rub...

- 40g brown sugar
- ½ tbsp chilli powder
- 2 tbsp sweet paprika
- 1 tbsp salt
- 1 tbsp dry mustard
- 1 tbsp dried oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp ground pepper

For the BBQ sauce...

- 2 tbsp olive oil
- ½ onion, finely diced
- 1 garlic clove, minced
- 50ml apple cider vinegar
- 50ml water
- 50g ketchup
- 50g brown sugar
- 2 tbsp black treacle
- 2 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce

For the asparagus apple-slaw...

- 8 asparagus, thick
- ½ red cabbage, finely sliced
- 2 crisp, sweet red apples, cut into dices
- 100g blue cheese
- 1 tsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- Pinch of sugar
- 30g mayonnaise
- Bunch chives, finely chopped
- 1 tsp cracked black pepper
- 1 tsp salt

For the garnish...

- 200g watercress (optional)

## Method

1. Preheat oven to 150 degrees.
2. Rub the ribs with a paper towel to remove excess moisture and trim all of the excess fat from them. Peel the silver skin from the back of the ribs.
3. Mix all the dry rub ingredients together in a bowl. Rub the ribs with lemon juice, then in the dry rub. Cover the ribs tightly with foil and bake in the oven for about 3 hours until tender.

4. Heat oil in a saucepan over medium heat; sweat the onions and garlic first for 2 minutes until golden brown. Add everything else and bring to the boil. Reduce heat then simmer for about 15 minutes, stirring occasionally.

5. Remove the tough ends of the asparagus. Using a vegetable peeler, shave the asparagus lengthwise to create short ribbons and place them into a large bowl.

6. Toss the cabbage together with the asparagus and apple. Stir in the vinegar and mayonnaise to coat, then stir in the lemon juice, Dijon mustard, sugar, chives, blue cheese, black pepper and salt. Thoroughly mix, then leave until ready to serve.

7. After 3 hours in the oven, take the ribs out and pour away the excess liquid. Spread with BBQ sauce. Use an outdoor BBQ to finish the ribs on the grill, to give them a smoky charcoal flavour (make sure the BBQ is on low heat - not direct heat). Place the ribs on the BBQ and cook for about 20 minutes, turning them over every 5 minutes and basting with the BBQ sauce with each turn.

8. Place the ribs on a wooden board, cut them up into individual ribs and place on top of each other. Decorate with watercress and serve with asparagus apple-slaw in a bowl on the side.