FREE RECIPE CARD NO. 016

SLOW-BRAISED BBQ PORK RIBS

Tender from the braise. Sticky from the glaze. Done properly.



⏱️ QUICK INFO

- • Serves: 4–6
- • Prep: 25 min + rest
- • Braise: 2½–3 hours
- • Glaze: 10–15 minutes
- • Oven: 160°C / 140°C fan
- • Finish: 220°C / 200°C fan

🍏INGREDIENTS

🍖 RIBS + RUB
• 1.8 kg pork spare ribs (about 2 racks)
• 2 tsp fine salt
• 1 tbsp smoked paprika
• 1 tsp each garlic + onion powder
• 1 tsp black pepper
🥣 BRAISE
• 250 ml apple juice or water
• 2 tbsp apple cider vinegar
🔥 GLAZE
• 200 ml tomato sauce (ketchup)
• 2 tbsp brown sugar or honey
• 2 tbsp apple cider vinegar
• 1 tbsp each Worcestershire, soy + mustard

METHOD

1. Prepare the ribs
Remove the tough membrane from the bone side.

2. Season + rest
Rub well; rest 30 minutes or chill overnight.

3. Braise slowly
Cover tightly and cook until a skewer slides in easily.

4. Simmer the glaze
Cook the sauce until glossy and lightly thickened.

5. Glaze with high heat
Brush twice and roast until sticky and caramelised.

🪶 FROM PIT TO HOME OVEN

Barbecue takes its name from the Taíno barbacoa. In the United States, Black pitmasters and cooks helped shape its regional traditions. Our home-oven version uses different heat but the same lesson: tough cuts reward patience.

hooks secrets

🔥 KOOK'S SECRET

Test with a skewer: it should slide easily between the bones while the ribs still hold together.

Full recipe and printable card: kookssecrets.com

SLOW-BRAISED BBQ PORK RIBS — FULL METHOD

THE CALM, COMPLETE METHOD

1. PREPARE THE RIBS

Slide a blunt knife under the membrane on the bone side. Loosen it, grip with kitchen paper and pull it away. Pat the racks dry and cut into sections that fit your roasting tin.

2. SEASON + REST

Mix salt, paprika, garlic powder, onion powder and pepper. Rub over both sides. Rest 30 minutes at room temperature, or cover and refrigerate overnight; bring out while the oven heats.

3. BRAISE SLOWLY

Heat oven to 160°C / 140°C fan. Place ribs meat-side up in the tin. Pour apple juice and vinegar around — not over — the meat. Cover very tightly with foil and braise for 2½–3 hours.

4. MAKE THE GLAZE

Combine tomato sauce, sugar, vinegar, Worcestershire, soy and mustard in a saucepan. Simmer for 5–8 minutes, stirring, until glossy and lightly thickened.

5. GLAZE WITH HIGH HEAT

Increase oven to 220°C / 200°C fan. Transfer ribs to a lined tray, meat-side up. Brush generously with glaze and roast uncovered for 10–15 minutes, brushing once more, until sticky and caramelised.

6. REST + SERVE

Rest for 10 minutes, then cut between the bones. Brush with the remaining glaze. Serve with slaw, corn, baked potatoes or steamed rice.

💡 WHY BRAISE FIRST + GLAZE LAST?

Covered low heat gives collagen time to become succulent gelatin while moisture protects the meat. Sugary glaze goes on only after the ribs are tender, so it caramelises instead of burning.

ALLERGENS: SOY, FISH, GLUTEN + MUSTARD — CHECK SAUCES • COOK UNTIL STEAMING HOT AND 75°C IN THE THICKEST PART • REFRIGERATE WITHIN 2 HOURS AT 5°C OR COLDER • EAT WITHIN 3 DAYS • REHEAT ONCE UNTIL STEAMING HOT

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