

My Best Ever BBQ Beef Ribs

Next time you decide to send that steer to the great white freezer in the sky, ask your butcher to keep some meaty ribs in the mix instead of striping them down for mince and the like. I prefer to get them to cut them down to around 4 lots of say 40cm x 15cm in the old Gun belt style.

YOU WILL NEED

- Sea salt
- 2 x soft kiwi fruit
- ½ can Coke [full strength stuff]
- 1 x 400ml monkey gland sauce
- 1 x 250g American mustard
- 2 tea spoon of Chinese five spices
- 2 whole star Anise
- ½ Tea spoon of Cajun seasoning
- 1 pack of charcoal fuel
- 1 x kettle style BBQ

METHOD

1. Take the ribs and rub them with flaky sea salt [lightly salted] and place in the fridge over night.
2. Mix the kiwi into a paste then add the Monkey gland sauce, mustard, coke and spices and mix well.
3. Brush over each side of the ribs until thickly coated place in tray and add any remaining mix onto them, cover and keep in the fridge for 2 more days.
4. On the day of cooking you need to let the ribs come up to room temperature in the sauce.
5. Pre heat the BBQ kettle with the charcoal and allow it to turn into coal's, place BBQ grill over coal's and lay Ribs flat along the grill, close kettle and cook for 10 mins, turn and brush the cooked side with some of the leftover marinade, repeat this around 4 times until the ribs have been cooking for at least 1 hr.
6. If they are burning take out some of the coal or move the coal around the grill instead of directly under it. Don't worry if the coal is smoking in the kettle! It's only going to make the ribs even better.
7. Remove ribs and slice into each rib and serve with coleslaw and potato salad.

PS monkey gland sauce is not made from monkeys, its a fruit sauce made from monkeys favourite fruits.